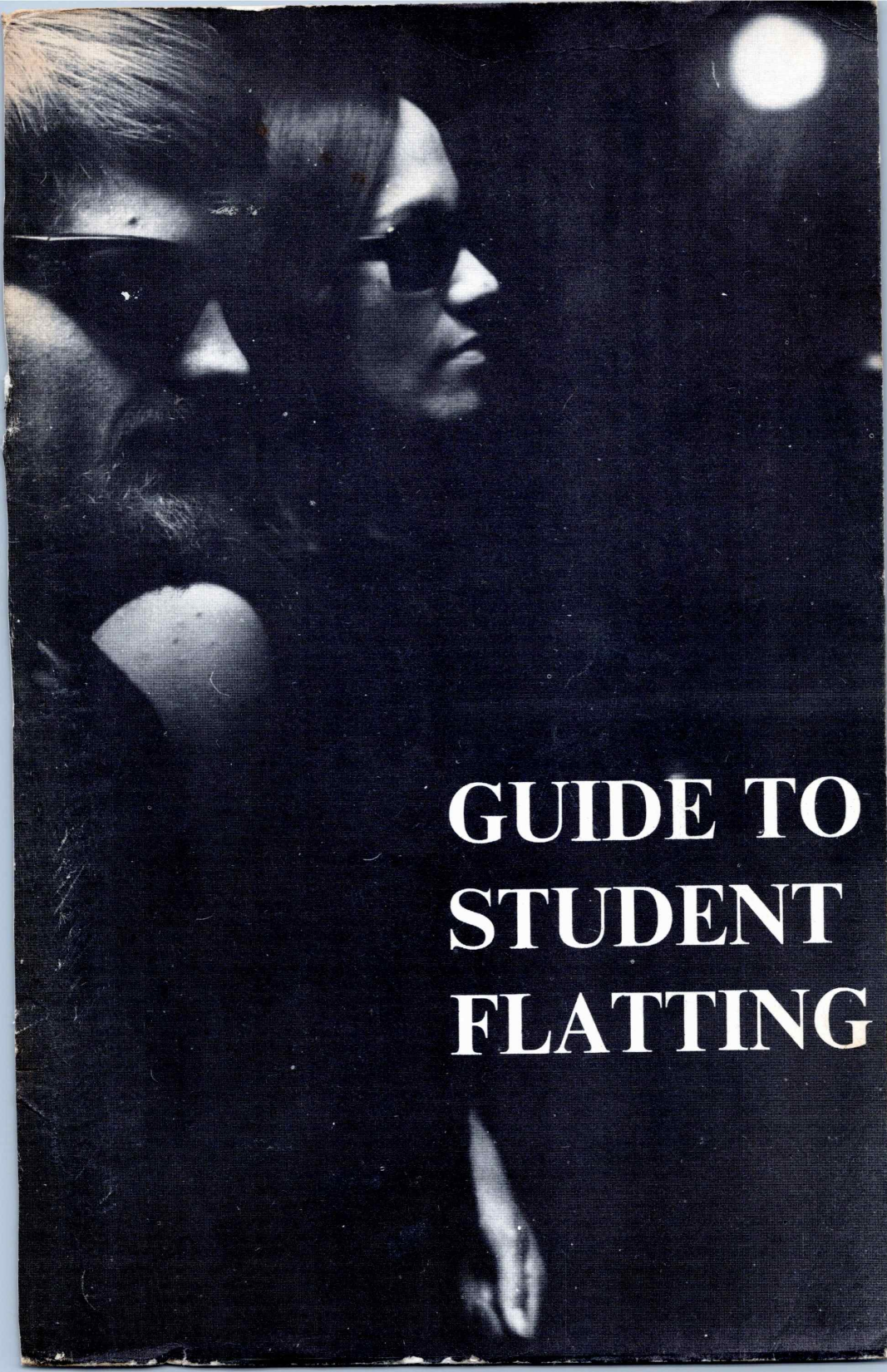


GUIDE TO STUDENT FLATTING

L. Sumby '74
$7
Edu

GUIDE TO STUDENT FLATTING

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CHAPTER 1

Preliminary Matters

Being a discussion of the types of flats available, of their respective merits, and of the various budgetary, sanitary, and organisational exigencies they involve along with exempla and anecdotes drawn from life, which it will be to the readers' advantage to peruse.

INTRODUCTION

This book has been written in the belief that student flatting is essentially a state of mind.

The advice and information offered is intended merely as a means of mitigating that state of mind once it has developed.

If you are intending or, in fact, being forced to flat this year, this book should help you get the maximum possible out of your situation for the minimum possible financial outlay.

If you are one of the thousands of students who have followed the farting behinds of retreating landlords up impossible staircases, along misty corridors to a succession of ugly, garishly genteel flats, or who, having danced down the street to your new premises, have seen behind you your uncomprehending neighbours, transfixed in the various attitudes your passage has caught them, as if you were Sodom and they were Lot's Wife, then this book is for you.

TO SHARE OR NOT TO SHARE:

The initial problem for the student intending to go flatting is finding suitable premises. The nature of these premises will naturally vary according to the number of people with whom he is intending to flat.

In general, it can be said that there are two basic **gratuitous acts** that the intending flatter can perform in this respect.

Gratuitous Act 1: Flat alone.

Gratuitous Act 2: Share a flat with others.

The main advantages of this second **gratuitous act** are these.

1. **Financial** (a) It is cheaper to share. Rent for single apartments or even bedsitters can be as much as for flats with two or even three people in them.

(b) Food is cheaper bought in bulk and financed by a group of people. In addition, it is obvious that the amount of gas or electricity used by one person for cooking, heating etc. will be virtually identical to the amount used by, say, three.

2. **Organisational** (a) Cooking, cleaning and washing for only one person can become rather monotonous. There is a tendency to avoid these duties for meals out, laundry services etc., all of which add considerably to the cost of living. This is not true in a larger flat where these duties are generally shared.

(b) Flatting with other people has the effect of imposing some meaningful pattern on your life which — unless you're a very methodical and self-sufficient individual — tends to disappear if you are living alone.

(c) Flatting with others means that far more social life is available both among the flatmates and externally.

HOWEVER if you do decide to share with others remember:

(a) That even the best of friends can fall out. There is nothing more unpleasant than personally arranging the disintegration of your old friendships through organising an unsuccessful flat.

(b) That if you are sharing or flatting alone you will need a minimum of $7 and an ideal average of $10-$12 for every week of the University year. Financial worries can end the most amiable flatting set-up.

1. Finding a Flat.

The aspiring flatter, having decided the nature and number of his cohabitants, is subsequently confronted with a perplexing "struggle for room and food." A number of organisations exist to aid him in the achieving optimum satisfaction in the former aspect of this particular problem. These are:

(a) **The newspapers** which, through their advertising columns, offer one of the surest methods of locating a flat. The various problems associated with this service are dealt with in the next section of this chapter.

(b) **Land Agents,** who are no less reliable, but rather more rapacious. The unwitting student who puts his name down with an agent can be charged any of a large number of additional expenses including negotiating fees, agency fees and even the first week's rent. Details of these charges can be found in Chapter 2 of this publication.

(c) **The Accommodation Officer** at your University who deals with local landlords, inspecting properties and placing suitable students in them.

(d) **Friends or Personal Contacts,** who provide perhaps the best source of advice about individual properties vacant in the neighburhood, and, if they have lived there themselves, an account of their good qualities and their disadvantages. Always try a friend first.

A POLITIC INTRODUCTION TO THE LAW OF THE EXCLUDED MIDDLE:

Eminent scholars to the contrary, it is generally true to say that wording used in advertisements for accommodation does not mistate the reality it is intended to represent.

This is not to say that there is a one-to-one correspondence between the words employed and the intended referent. Such a situation would be not only ridiculous but also dull and academic. Instead, a dialectic, known to linguistic philosophers and student flatters as "the law of the excluded middle" tends to operate, replacing the more precise but less colourful linguistic patterns to which the scientific student mind is generally accustomed.

That is to say, intelligence concerning the premises advertised is communicated IMAGINATIVELY — not through the actual word-symbols employed, but rather through the implicit fundament of unexpressed detail (that is to say, the "excluded middle") which every experienced flatter recognises almost as second nature.

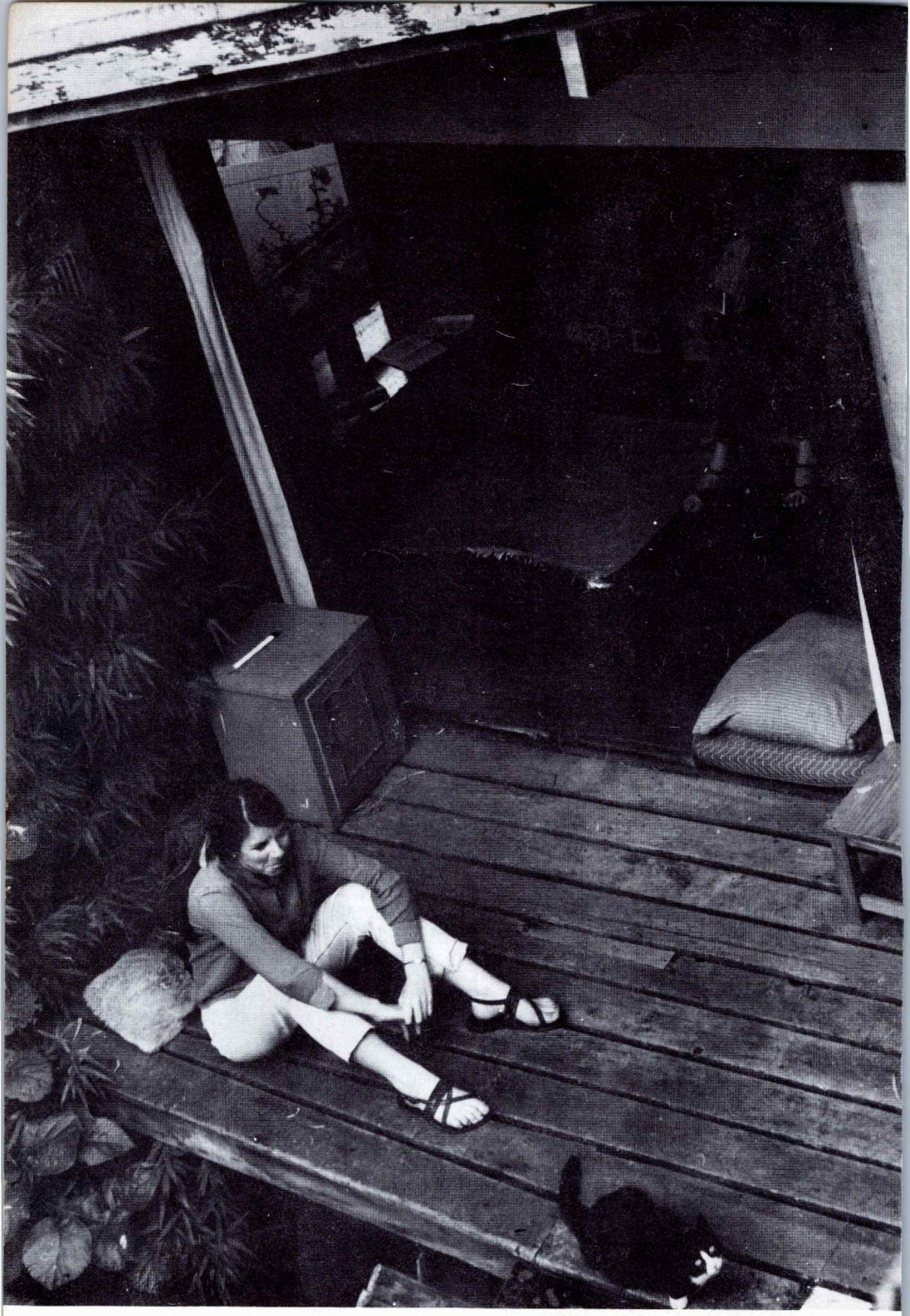
An example: if you are looking for a **single flat,** don't necessarily be convinced by newspaper advertisements for (i) rooms, (ii) Bsr's, (iii) Apartments, (iv) Flatettes. Generally you will find that these simple words have the following unsuitable referents:

Material collected to date suggests that the following relationships have been implicitly established between the tabulated nominal groups and their correspond-referents.

(i) Room: found in **rooming houses** (also called **boarding** houses), generally very urban, seedy, noisy, and full of tow-truck drivers, and alcoholics, and no students.

(ii) BSR (Bed Sitter) — the suburban equivalent of (i) above; usually semi-detached (i.e. sep. ent.) part of private home. Better furnished than (i) above and better serviced, with separate cooking facilities, and a plug for the TV, but basically intended for 30-year-old bachelors who love pets and Swan Lake, or the indigent English.

(iii) Apartments: one — two rooms, furnished and with shared cooking facilities. These are found in **Apartment Houses** (c.f. Rooming/Boarding Houses as in (i) above) and are generally run by Alsatian-breeding bachelors from Soho (apologies to



"You will find what you want, but only within about a half mile radius of the University"

The Squire) who think students are Poor White Trash, and who, having Come Up The Hard Way, run their establishments in such a way as to ensure that their tenants will too.

(iv) Flattettes: These tend to be the suburban equivalent of (iii) above. If they are old they are generally just glorified apartments; if new, usually one-bedroom flats. In the first case exorbitant rents are charged because of the name, in the second, because of the age.

Under certain circumstances, however, these classifications do not hold true. You will actually find what you want advertised under the same names but **only** within a half-mile radius of the university, where the categories described above coalesce to form the Squalid Student Flat 1 (SSF1). This is generally an old, sometimes distinctive, furnished room, with shared toilet and washing facilities, and a shared or seperate kitchen. It will have housed generations of sweaty students at an exorbitant rent.

Before you move in, study the Health Department Regulations in Chapter 2 and see if you can get the place done up a bit. If you can't, don't worry. Thousands have probably tried before, and even if it's not the cleanest accommodation you've ever been offered, it will probably be—geographically at least—th most convenient.

If you are looking for a flat or house **for more than one person,** you would do well to ask around your friends for information about the small number of good student flats near the university. These dwellings—which can be designated as the Squalid Student Flat Mark II (SSFII)—are also old, often strikingly decorated or restored, and always most desirable. It would not be absolutely impossible for you to get hold of one.

BUT — a word of warning. It is as well not to set your heart on a specific locality. Generally the good student flats — especially those near Varsity — have long private waiting lists. Never be persuaded to take on a flat in these areas until you have inspected it thoroughly. If there is no waiting list for it there is generally something wrong with it. Content yourself with comfort and the slight inconvenience of travelling time rather than discomfort and the dubious pleasure of being forced to run screaming to the student pub next door to escape from the leaking gas, bedbugs, and the homosexual colorotura soprano in the flat upstairs.

If you are in fact forced out into the suburbs, you will probably be offered a selection of rather odd flats, variously described as:

(i) Cosy: which means not only "respectable" (see (ii) below) but also that there is not enough room to swing a cat round in. Incidentally, a mutual friend when told by a visitor that her **cosy** flat was of this type, actually swung a cat round to test the accuracy of his statement.Fortunately, he was wrong.

(ii) Respectable Refined: Floral carpets, chintzy furniture, striped wallpaper, and even little knitted hats to conceal the waiting toilet rolls. The landlady won't like you.

(iii) Bright: Your German ex-dentist landlord will have filled the place with mimsy curtains, linoleum, and concrete, and painted the woodwork and the fridge to match the fluorescent green enamel paint in the kitchen, living room, and lavatory. No Pets.

(iv) Europeans Preferred. Kindly boycott such places.

If you do have to choose one of these, make sure that it is—

1. Clean and sanitary. Check with the Health Department Regulations in Chapter 2.

2. Not too far away from the university—preferably on a direct city bus route—and reasonably near shops, etc.

3. Private, with enough room for everybody to work alone in peace. Privacy in this sense also means that, if possible, the landlord should not live on the premises.

4. Well serviced, with reliable hot water, gas and electricity. If possible, it should also have a refrigerator and washing machine. However, apart from this it does **NOT have to be furnished.** This is because —

(a) Furnished flats and houses are usually $3-$4 dearer per week than unfurnished places. This means that total additional costs for a furished place could be as much as $200 annually. Such a situation is ridiculous because —

(b) Second-hand furniture is cheap and probably just as comfortable as any furniture that would be supplied in a flat. Beds with mattresses can cost as little as $4, lounge suites are often given away by auctioneers for the cost of the cartage, and drawers, bedside cabinets, desks, and plates and cutlery can be obtained very cheaply. Bookshelves can be made from bricks and boards, and the more inventive student will have little trouble in fashioning such luxury items as breadboards, lightshades etc. at little expense. The total cost of furnishing a flat should not exceed $12 per person. This is about 1/16 of the extra expense of renting a furnished flat.

If buying furniture, always remember that it is cheaper to buy direct from an auction rather than from second hand dealers. There is also a far better selection, so try and **buy** privately.

If selling furniture at an auction, remember that if you paid very little for it you will probably get less. Nine times out of ten the carrier's bill will be larger than your profits once the auctioneer has deducted his commission. So try to **sell** privately.

2. Finance.

BUDGETING

The keyword for students on a limited income is **BUDGET.** During the university year money worries can be minimised by controlling spending through a budget which is prepared at the beginning of the year and **adhered to.**

The budget of each student will be determined by his expected income and estimated expenses. This budget must include expenditure for texts and stationery, transport, clothing and clothing upkeep (dry cleaning, shoe repairs, etc.), a personal allowance and living expenses. A budget can be prepared for the basic needs of your flat and this must cover needs for food, electricity and gas, telephone and rent. In this chapter suggested methods for covering these requirements are listed and discussed.

FOOD FINANCE

Kitty

Used when working to a limited food allowance. You must begin by establishing the amount needed. For girls it is usually $2.00-$2.50 per week, for boys $2.50-$3.00 (no surveys done on mixed flats to date).

The amount of money paid into kitty each week will also depend on the number of meals eaten at the flat.

Kitty money is then used for such staples as coffee, sugar, flour, bread,milk, toilet paper and soap powder. This leaves money for meat and vegetables, etc. Whether buying and cooking is done on a day-about or a week-about basis, this food money needs to be roughly allocated to ensure meals seven days a week.

Accounts at grocer and greengrocer may be kept, but this often leads to over-spending by careless, non-essential buying. Wherever possible, always pay cash.

For The Wealthy Students

There is an alternative system which is not advisable as it leads to extravagance. Purchases are made for food as required and these are recorded in a notebook. At the end of each week or fortnight all expenses are added up and divided out with calculations made as to who owes who what. In general this is too time consuming and extravagant for students and a budget becomes non-existent.

Bulk Buying

Careful buying of potatoes, toilet paper and detergent in bulk can be a great money saver.

SYSTEMS OF PAYMENT

Either payment into kitty each week on a set day, and payment of other bills promptly as they come in.

Or payment into kitty each week and also payment of an

extra amount of $1.00-$2.00 into a separate "bill-paying kitty." This separate kitty can then be drawn on as bills come in.

Whatever you do, it cannot be too strongly stressed that you must be careful about leaving money around the flat.

OTHER BILLS

Rent

Whether rent is paid weekly, monthly or each term, each student is responsible for finding his own rent money regularly and on the given day the money of all flat members can be pooled and payment made. Train your landlord to collect rent regularly. He will have no sympathy if money is stolen because it was at the flat when he promised to collect it but didn't. **DO NOT LEAVE MONEY IN YOUR FLAT.**

Electricity

Normally there is one electricity meter for the flat although on odd occasions each room is provided with a meter which facilitates individual payment.

The bill is sent every two months. Usage by each person can normally be taken as roughly equal, so that for payment the bill is divided between all the students equally.

Power tends to be in the order of $1.00 per person per week, although this is likely to rise considerably in winter.

When leaving your flat, inform the Electricity Department so that the meter can be read, final payment made and the electricity cut off.

Telephone

Telephone rental is paid two months in advance and is standard throughout the year. Accompanying this bill is a bill for toll calls and telegrams for the previous two months. The Post Office accounts section can tell you who has placed toll calls and telegrams, but it is easier if each person records his own calls in a notebook kept handy to the phone.

Thus each student's share of the phone bill will be his fraction of the rental plus the amount for the toll calls and telegrams he has made.

Newspapers

Payment for delivered newspapers can be made out of kitty or divided between students and paid. It is often cheaper to have papers delivered than everybody buying their own.

Do not forget to stop delivery over holiday periods.

Repairs

Repairs generally cannot be budgeted for. The landlord should pay for repairs caused by age and use but he is unlikely to pay for wilful damage. By showing respect for your flat, you should not have any repair bills to worry about anyway.

NOW! MAKE THE PERFECT SPONGE

so easy . . . (even if you've never made a Fielder's sponge before)



FIELDER'S Cornflour

Supervision of Finance

Very little supervision is needed. The student on cooking for the week can be made responsible for collecting kitty money.

For prompt payment of other bills one flat member can be delegated to collect moneys and pay the bill. This job can be rotated around the flat members if no student is keen to have the whole responsibility.

A final note about finance is to **keep receipts** as these can help to solve arguments later.

3. Housework.

WORK ORGANISATION

Work rosters are the only method of ensuring that all house cleaning is done regularly. Rosters should illustrate the various duties, with a list of exactly what each duty entails. Then no member can claim ignorance for neglecting his duties.

Weekly rosters are really the most efficient and convenient. On the wheel roster below the names of flat members are written on the quadrants of a movable disc attached to a larger disc on which the duties are written.

Larger flats may make a further sub-division of duties, e.g., cleaning could be divided into (1) vacuuming and (2) kitchen and bathroom for a 5-member flat.

In a 6-member flat it is a good idea to have a week off after cooking, if cooking is done on a week-about basis.

EXAMPLES OF DUTIES

Cleaning of Kitchen

Defrost refrigerator, clean stove thoroughly, sweep floor daily, wet mopping or scrubbing floor, care of tea-towel and hand-towel laundry, putting out rubbish bin.

Cleaning of Bathroom

One good cleaning of bath and hand basin (although every member should clean bath after use), wet mopping of floor, cleaning of toilet and floor, where separate from bathroom.

Vacuuming

Vacuuming lounge and hall, etc. Dusting where necessary.

Cooking

Cooking by the week is both time and money saving for all flat members in the long run. It is especially good for students flatting for the first time, so that they can learn to budget and to plan their meals ahead.

One person controls kitty while on cooking, and should be able to show where it has been spent. The cook ensures

that all people contribute their agreed sum of money on the day or days agreed. He may set aside appropriate amounts for milk and paper bills where these are included in kitty funds.

The cook can make a list of all foodstuffs, cleaning materials needed for the week, and these can be purchased on one day. It is an advantage to make use of telephone ordering and delivery services for groceries and meat. Goods may be cheaper at non-delivery stores, but if your time is limited or your flat far from shops, it must be your decision whether money or time is the most limiting factor. Purchase of bulk foods from markets and wholesalers is a good idea when transport is available. Large quantities can be shared with other flats.

Dishes

There are generally 2 people on dishes, one washing and one drying. Some flats have the cook doing the cooking dishes. This means that there are generally less dishes in the kitchen, which is thus kept cleaner for cooking. But it can make a particularly heavy week if the cook has a heavy lecture time-table.

DAILY ROSTERS

Daily rosters generally apply only to cooking and dishes. Daily cooking is desirable over finals—most flats on weekly rosters switch to daily cooking in the latter part of the third term.

Daily cooking on specified days of the week is an advantage for flats whose members have regular late lectures or practical labs. The days assigned are generally decided after discussion and comparison of time-tables.

Flats on daily cooking generally take turns for week-end cooking.

When on daily cooking it is sound practice to have the cook washing dishes, to minimise mess, burnt pots and friction between flat members.

General

Failure by flat-mates to keep up with their rostered duties of cleaning, dishes and cooking is a cause of friction—quite frequently a major factor—in flatting. Clearly set out rosters which are the result of discussion by all flat members at the beginning of the year should be placed where everyone can see and check their duties.

LAUNDRY

Care must be taken with home laundry to ensure that the fabric may be safely washed. All fabrics susceptible to shrinkage—woollen fabrics, some synthetics—should be dry cleaned.

". old, often strikingly decorated or restored, and always most desirable"



HOME WASHING

Machine Washing

1. Sort clothing into (a) Whites, (b) Coloureds, (c) Heavily soiled, (d) Delicate fabrics—wash separately.
2. Stains should be pre-treated before machine washing, as the higher water temperatures may set the stain. (For methods of stain removal see below.)
3. Pre-treat heavily soiled areas by rubbing wet garment with soap or detergent. If there is generalised soil—e.g., football shorts—soak for 15-20 minutes in warm sudsy water before machine washing.
4. Machine wash, using hot tap water and the amount of soap recommended by the manufacturer—approximately half a cup per wash should be enough. A good head of foam on top of the water is necessary to absorb soil particles. More soap powder is needed with heavily soiled fabrics.
5. Wash each batch of whites, coloureds, etc., in the order indicated. Check the dye-fastness of coloured garments by spot-washing an inconspicuous part or an inside seam. If dye runs, immerse in cold water containing two tablespoons of salt. Wash the garment separately. Generally a new fabric contains excess dye, which washes out after the first wash. Therefore always wash new garments separately.
6. Rinse washing in two lots of warm water where possible.
7. Wash delicate fabrics—e.g., Acrilan, Exlan—by hand.

Hand Washing.

Woollens.

Wool shrinks with high washing temperatures, alkaline soap powders and harsh washing methods. The following rules should be observed:

1. Wash woollens in **warm** water.
2. Use synthetic detergent (special wool detergents are available).
3. Dissolve detergent before immersing garment.
4. Squeeze suds through fabric—rubbing results in pilling with little knobbles of wool on surface of garment as well as shrinkage.
5. Rinse woollen goods twice in lukewarm water to ensure that all soap is washed out.
6. Squeeze water out of fabric gently—wringing results in stretching.
7. Dry by hanging outside on a cord threaded through the jersey, etc. Do NOT directly peg a woollen garment.

Synthetics and Delicate Fabrics.

Many synthetics do not withstand the higher water temperatures of machine washing. We advise hand washing in warm water using soap or soap powder. Dry synthetics outside for sun bleaching, as "yellowing" of some fabrics occurs with continual inside drying.

The King Lear Method

A friend of mine is in the habit of cleaning bulky objects such as sheets and tablecloths by hanging them out in the middle of winter rainstorms and leaving them for about a week.

This method is essentially ineffective and unhygenic, but at least it's labour-saving.

DRY—CLOTHES

1. Always peg on the outside of the garment.
2. Hang coioureds inside out to minimise fading.

DRY CLEANING

Dry cleaning uses an organic solvent which does not "wet" the fabric. Fabrics which are susceptible to shrinkage should be dry cleaned, as shrinkage occurs with wetting of textile fibre.

Dry cleaning essentially removes the oil stains, whereas laundering removes dirt stains.

STAIN REMOVAL

All stains should be removed as soon as possible.

Do not press stained fabrics, as heat stabilises the stain. Stains on washable garments are more easily removed by home methods. We advise dry cleaning for non-washable fabrics. Test the effects of stain-removing fluid on a small part of the garment, such as an inside seam, before proceeding, to ensure that fluid is safe for that fabric.

Chlorine bleaches should not be used on coloured fabrics, unless the fabric is known to be resistant to bleaching.

Remove as much of the built-up stain as possible by scraping before using spotting fluid.

Place blotting paper or terry-towelling beneath the stain to absorb the stain as fluid is applied from the inside surface of the stain, using a soft cloth.

Do not use soap on any beverage, fruit or nut stains—when heat is applied later in ironing, the alkali of the soap may set the stains.

SPECIFIC STAINS

Stain	Solvent
Fruit juices, blood.	Water.
Egg, milk, ice-cream.	Cold water and detergent.
Chocolate, fresh coffee, mild scorch, fresh grass stains, ink.	Hot water and detergent.
Paints, shoe polish, putty, ball point ink, rubber adhesive, oil, chewing gum, wax and tar.	Turpentine. Lighter fuel.
Grass stain, iodine, indelible pencil.	Methylated spirits.

Most dry-cleaning firms publish charts for stain removal. An excellent booklet on stain removal is available from the Department of University Extension, University of Otago.

BLEACHING

If you are bleaching clothes, don't buy normal retail bleach, but instead make your own. Here is a sample recipe.

Mary MacIndoe's Economical Bleach

¼ tin of chloride of lime 1½ gallons of water
½ lb washing soda

Mix the ingredients together and stand overnight in a non-metallic bucket, stirring occasionally. Then bottle it.

This is an extremely cheap bleach and is just as effective as ordinary retail products. Washing soda costs only 10 cents a pound, and chloride of lime is about 35 cents for a one pound tin. This means that 1½ gallons will cost only 14 cents in all.

TEXTILE LABELLING

Most garments have a label with instructions for washing and ironing. These directions should be followed.

If a garment is not labelled, always ask for the best procedure. If something does go wrong after using the manufacturer's advice, then complain to the firm concerned or to the Consumer Institute, Wellington.

GENERAL GUIDE

Cotton may be machine washed and dried. Iron at higher temperature.

Linen may be machine washed. Iron at high temperature. Avoid pressing in sharp creases.

Silk should be dry cleaned. Careful hand laundry is possible with some items. Protect from strong sunlight. Iron with cool iron.

Wool. Hand wash jerseys, dry clean fabrics. Press with damp cloth.

Rayon should be dry cleaned. Can be laundered, but tends to shrink. Does not withstand treatment given to cotton or linen.

Acrylics (Orlon, Acrilan, Exlan). Remove oil stains before washing. Wash by hand. Iron with a damp cloth.

Nylon washes easily. To maintain whiteness, do not leave exposed to sun. Press at very low temperatures.

Dacron/Terylene. Washable. Needs little ironing.

Spandex/Lycra may be machine laundered with warm water. Do not iron.

IRONING

Be careful with iron temperatures—especially with new synthetics. Natural fibres—cotton, linen—should be ironed

until completely dry. Synthetic fibres should be ironed slightly damp. Seams should be dry to prevent puckering. Fabrics which may shine should be ironed on the reverse side. Use a damp cloth for woollens and synthetics.

On Spoons

Devotees of the more esoteric volumes sold in Goodey's Modern Age Bookshop will be aware of the aggressive existence of a group of individuals known as the Milk-Bottle-Top Spoon Cleaners Inc. (MBTSC). These enthusiasts claim that old spoons can be given new life by being boiled in a saucepan of water along with a large collection of old milk bottle tops. It is argued by the MBSTC that during this boiling a **scientific** process known as electrolisis occurs which has the effect of regalvanising the spoons with a durable coat of aluminium.

This theory, which, apart from Scientology, seems the nearest domestic equivalent to faith-healing that is ever likely to develop, was put to the test by my blindly trusting flatmate, while preparing this volume.

Although the venture was by no means entirely successful, it seems presumptuous to record the outcome fully. Faith is a very beautiful thing, and I hesitate to give details unless the sense of flatness I wish to convey be marred by a molehill of sense. Suffice it to say that the experiment only confirmed in all those concerned the satisfying belief in what Hobbes called "mankind's unique privilege of absurdity."

CHAPTER 2

Legal Affairs

Being a full treatment of the habits of land agents and landlords, hte requirements and regulations of the gentlemen of the Health Department, the Police Force and others, with sundry asides on contraception, indecent exposure, narcotics and fustication.

What fees and charges may be legally made by land agents and what may not?

As a general principle, agency fees may be charged **only after a client has seen a property and been satisfied with it.** The former practise of extracting an advance deposit from clients in return for a list of addresses which the client was then left to investigate privately is now forbidden by the Real Estate Institute. It is also illegal for an agency to charge "advertising fees" **before** the prospective tenant has seen the property.

1. Land Agents

This chapter is intended to give only a general introduction to the legal aspects of flat life and tenancy.

It is based on a report presented to the 1968 NZUSA Winter Council by Education Vice-president Murray Jamieson, and those sections of particular relevance to student flatting have been supplemented for the purposes of this volume.

It is by no means a complete account of all aspects of tenancy and associated matters, but instead tries to lay down some general guidelines for the aspiring student flatter. Although it has been checked by a barrister, it should never be regarded as absolute.





MUSHROOMS!

SLICED MUSHROOMS
BROILED IN BUTTER



AAAH! MUSHROOMS



JUST THINK . . .
MUSHROOMS WITH A
JUICY STEAK



MUSHROOMS WITH
STEWS AND CASSEROLES



A FLUFFY MUSHROOM
OMELETTE THAT MMMM
MELTS IN YOUR MOUTH



MUSHROOMS SERVED
SOLO ON TOAST
FOR BREAKFAST!



. . . BUT WOULD MY WIFE
BUY SOME?



AT SUNSHINE'S PRICE
YES!

Sunshine's new sliced mushrooms broiled in butter, picked and processed in the same day. Superb mushrooms inexpensive enough to serve all the ways you like them.

Various charges, however, are accepted by the Real Estate Institute as reasonable in the following cases:

When a client has asked an agency to find accommodation for him, and been satisfied with the results. If demand for housing is high in the area (such as it is in Auckland, Hamilton, Wellington, and in some parts of Christchurch) the tenant is generally charged an agency fee amounting to **10% of the total rent payable, though not exceeding one week's rent,** for tenancies of less than six months. If the demand for housing in the area is low (such as in some parts of Christchurch and in most of Dunedin), the landlord is generally debited the same amount. In these cases, agencies may charge the new tenant a service charge or negotiating fee of about $2; this, however, is not normal.

When a client has answered a newspaper advertisement lodged by an agent, the same scale of charges applies. It is interesting to note that agency charges can be as low as 5% of the total rent payable where the tenant intends to stay longer than six months. If the lease is for as long as one or two years, the agency fee is paid by the landlord.

When a tenant employs an agency to dispose of a property, the same charge may also be made. If the property is hard to get rid of, the old tenant generally pays the agency fee of one week's rent. If it is easy to let, the new tenant pays.

N.B. In this case it is generally easier and cheaper to put the property in the hands of the university Accommodation Officer who will do the same job as the agent without any additional charges. Alternatively, deal through your own friends. If the flat is good, someone will always want it.

ALWAYS REMEMBER that the agency is there to provide you with efficient service. If you are not satisfied with the attention you are receiving take your business elsewhere. It's a consumer's market and you need never be exploited.

2. Tenancy

How binding is a rental lease? Is a tenant's agreement legally binding—especially on a minor?

A lease is completely binding on both parties, landlord and tenant, provided it is properly signed and stamped.

As far as a minor entering into a lease is concerned, it is binding on him. Generally, a minor cannot enter into contracts, but an exception to this is where he obtains a Magistrate's consent, or the contract is one of necessity. The renting of a reasonable flat or house would be a "necessity".

Under what circumstances can a landlord inspect his rented premises?

Virtually any. He has to ask first, but if you refuse, he is fully entitled to give you notice.

Is there any legislation regulating rent or lease charges for private properties?



". . . . bath, hand basin etc., with both hot and cold water . . ."

No. The last Fair Rents Act was repealed about thirty years ago. If a rent is specified in a lease agreement it cannot be changed without the mutual consent of all parties to the original agreement. Rents for State flats, council flats, and Public Trust houses are generally fixed at a specific charge, but this may be adjusted by the landlord from time to time.

Under what conditions may a landlord request tenants to leave?

There is no limit on this. Lease agreements usually state a month's notice must be given by either party intending to terminate tenancy, but this is the only protection available.

Can a landlord refuse any tenant on grounds of prejudice, especially racial discrimination?

There is no legislation specifically forbidding this.

3. Health Department

These are the minimum design and sanitary qualifications for rented properties.

(i) Houses and Self-contained Flats must have

(a) Toilet and washing facilities — bath, handbasin, etc., with both hot and cold water. The toilet must not open onto any room in which food is prepared, handled, or eaten. There must be at least one tub in the laundry and **either** a copper **or** a plug for the washing machine.

(b) Cooking facilities for **both** boiling **and** roasting. There must be a sink in the kitchen with hot and cold water.

(c) Adequate lighting and ventilation. The total amount of window space must be equal to one tenth of the total floor space. Half of these windows must open. The lavatory must be ventilated.

(2) Apartment Houses, Boarding and Lodging Houses

Apartment Houses contain self-contained bedsitters with shared or individual cooking and toilet facilities. No new licences are being issued for their construction, but many still are maintained under existing rights.

Boarding Houses contain boarders in shared or single rooms. These boarders are provided with food by the landlord and may not cook for themselves. They must have the use of a common dining room and living room.

Lodging Houses. These contain sleeping quarters for a limited number of people. Food is not provided. There need be no common rooms. Cooking in the rooms is **strictly forbidden,** though a gas ring may be used for making tea, and boiling water, etc.

N.B. (1) Apartments MUST be self-contained, with kitchens separated from the living/sleeping quarters. Kitchens may be shared with other occupants. They must contain one sink, with hot and cold water, one stove, adequate storage space, and a

refrigerator or cool safe. Under no conditions may any cooking be carried out in bed-sitters.

(2) Apartment, Boarding and Lodging Houses MUST **ALL** contain:

(a) One flush toilet for every six persons; two for every fourteen, and three for every twenty-four.

(b) One hand-basin **separate from the toilet** for every six people, two for every fourteen, and three for every twenty-four; it must have both hot and cold water.

(c) One bath with hot and cold water for every ten people. Two baths must be provided for dwellings housing from 10-20 people, and three for dwellings housing from 20-30 people.

(3) All Rented Dwellings (including flats and houses) must have:

(a) Bedrooms no smaller than 63 square feet, and with 400 cubic feet of air space per person.

(b) Double bedrooms must be at least 100 square feet in floor area, and bedsitters, at least 150 square feet, excluding the kitchen.

(c) If there are more than four beds in one room there must be an absolute minimum of 2' 6" between them.

4. Police Rights

Can the police close down a party?

No. If called by neighbours, etc., they can ask the host to keep down the level of noise. If the party gets out of hand and police are called by the host, the host may be obliged to lay charges of trespass against gatecrashers or assault against the bellicose.

Can minors legally consume liquor on private premises?

Yes.

Under what conditions can the police search a person, vehicle or private dwelling?

The police have the right to search a person when he is arrested, and to take articles which may be relative to the charge on which he is arrested.

The police can search a place, premises, vehicles, ship, plane, etc., once they have a warrant to do so.

A search warrant may be issued by a Magistrate, Justice of the Peace or Registrar, who is satisfied that there are things on the premises, etc., which are connected with a crime that has been committed; anything which will be evidence; or where he suspects that the thing or things are to be used to commit an offence.

There are certain limited exceptions where a warrant is not required. The most notable of these is the power contained in the Narcotics Act, 1965. Under this Act no warrant is required where any member of the police has reasonable

grounds for believing that there is any narcotic in the place, ship, etc.

When can police confiscate property?

The answer to this question depends on what you mean by "confiscate". If you mean property taken without hope of recovery, then the police cannot confiscate, they can only take into custody. The final disposal of the property depends on a Court decision.

5. Arrest and Detention.

Can a person be taken to the police station for questioning without a warrant?

There is no general statutory authority for this. There are certain restricted circumstances where it can be done.

Can a detained person demand a lawyer at any time and in any circumstances?

Yes.

Are free lawyers available to arrested persons?

In certain circumstances, yes. The Court can award a person before it Legal Aid and in doing so must consider:

(1) The accused's means.
(2) The gravity of the offence.
(3) In the case of an appeal—the grounds on which it is made.
(4) Any other relevant circumstances.

Every arrested person does not have the right, therefore, but must establish his need.

Is a detained or arrested person obliged to answer any questions? Is he/she obliged to make a statement?

An arrested person is not obliged to answer any questions or make a statement. If a person is detained or arrested and questioned on the actions of another person and refuses to answer, this may be construed as "obstructing the police in the execution of their duty."

6. Rights of Minors.

What is the legal change in status of a person turning:

(1) Sixteen,
(2) Eighteen,
(3) Twenty-one?

There is no legal change in status where a person turns sixteen, eighteen. They are, as far as the law is concerned, still minors. However, there are some shifts in emphasis in respect to their rights and duties.

Once a minor is sixteen it is generally agreed that, provided he can look after himself and stay out of trouble, he can leave home.

At twenty-one a person becomes an adult with all the legal powers and duties of an adult to deal with his own affairs and property as he sees fit.

Changes do take place at the ages of 10, 14 and 17. No person under ten shall be convicted of any offence. No person between ten and fourteen shall be convicted unless he knew that an act was wrong or contrary to law. Any person under seventeen is dealt with in the Children's Court. Between seventeen and eighteen the Court has discretion.

7. General.

Is a registered medical practitioner legally able to prescribe oral contraceptives to any unmarried woman?

Yes.

What constitutes indecent exposure?

Indecent exposure is covered by Section 47, Police Offences Act, 1927:

"Every person is liable to imprisonment with hard labour for any term not exceeding one year who wilfully and obscenely exposes his person in any public place or within the view thereof."

Apparently the legislators have thought that no greater definition is needed.

What constitutes:

(1) Libel?

(2) Slander?

(3) Defamation of character?

These are best dealt with in reverse order.

Defamation is the publication of a false and defamatory statement concerning another without just cause or excuse. A defamatory statement is one which exposes a person to hatred, ridicule and contempt.

Libel is such a statement in writing or print or some other permanent form such as a picture, effigy, caricature or film.

Slander is such a statement in spoken words or their equivalent in some transient form such as hissing, significant gestures and the like.

What constitutes assault?

The definition of assault is:

"The act of intentionally applying or attempting to apply force to the person of another directly or indirectly or threatening by any act or gesture to apply such force to the person of another if the person making the threat has, or causes the other to believe on reasonable grounds that he has, present ability to effect his purpose.

What is legal self-defence?

Self-defence falls into two categories.

Self-defence against unprovoked assault:

Everyone unlawfully assaulted, not having provoked the assault, is justified in repelling force by force, if the force he uses:

(a) Is not meant to cause death or grievous bodily harm, and
(b) Is no more than is necessary for the purpose of self-defence.

Everyone unlawfully assaulted, not having provoked the assault, is justified in repelling force by force although in so doing he causes death or grevious bodily harm, if:

(a) He causes it under reasonable apprehension of death or grevious bodily harm from the violence with which the assault was originally made or with which the assailant pursues his purpose; and
(b) He believes, on reasonable grounds, that he cannot otherwise preserve himself from death or grievous harm.

Everyone who has assaulted another without justification or has provoked an assault from that other, may nevertheless justify force used after the assault, if

(a) He caused the force under reasonable apprehension of death or grievous bodily harm from violence of the party first assaulted and in the belief, on reasonable grounds, that it was necessary for his own preservation from death or grievous bodily harm, and
(b) He did not begin the assault with intent to kill or do grievous bodily harm and did not endeavour, at any time before the necessity for preserving himself arose, to kill or do grievous bodily harm, and
(c) Before the force was used; he declined further conflict and quitted or retreated from it as far as was practicable.

8. Section 42.

Please note that the fact that you are a student does not entitle you to a discharge under Section 42 as of right. This is purely a discretionary matter for the magistrate. However, there have been certain guide lines of a general nature laid down for discharge, namely:

(a) If the matter is of a trivial nature.
(b) If there are exceptional circumstances.

CHAPTER 3

Food and Cookery

Being a Marxist introduction to exquisite culinary delights, in which the author descants upon the nature of the pudd'n, the role of the vegetable ,and the relative merits of the finny tribe, and meats both fancy and plain.

If you have never cooked regularly before, gentle reader, you will probably approach this chapter with considerable trepidation. In actual fact your fears will, nine times out of ten, be completely unfounded.

If you have Thomasian delusions of evil cooks in damp, tea-coated, pigmy kitchens, tiptoeing through spinneys of murdering herbs, preparing cold grey cottage pies and shroud meats, forget them.

If your last meal turned out as a venomous porridge which vipered through your guests till their ears fell off like figs, their toes grew big and black as balloons, and steam came screaming out of their navels, forget that too.

Simply follow the sound advice we offer and everything will be all right.

1. On Cooking.

"He who does not work," said Joseph Stalin, "neither shall he eat." In a student flat where so much effort must be made to produce cheap but tasty and nourishing meals, this sage comment is particularly applicable.

To a certain extent, cooking in a student flat may be regarded as a search through imagination for a supremely acceptable abberation. Students must cook against the ingredients rather than with them.

Applying this estimable advice to a practical situation necessitates considerable rethinking of the bourgeoise assumptions about nutrition to which you have been environmentally accustomed.

The Great Tradition Of Good English Cooking, when practised in the revolutionary situation student flatting implies, inevitably withers away to a pale imitation of the original.

The reasons for this are obvious:

(1) It generally requires a larger range of utensils, storage facilities and experience than the average studnt flat has at its disposal.

(2) It is essentially a capitalistic phenomenon requiring financial resources beyond the reach of most students.

(3) It is a thing of the decadent past. With a little imagination Better Things can be done.

The recipes and general hints which follow assume that the student will possess the following basic equipment.

1 gas/electric stove
Large casserole dish
1 really sharp knife
1 fish slice
1 cutting/bread board
1 frypan (large)
2 saucepans (at least)
1 bowl (largish)
1 tin opener

In addition the archetypal flatter should carry with him always the following provisions.

Basics: Salt, black pepper, sugar, paprika, garlic, onions, mustard, butter, flour.
Spices: Ground allspice, curry powder, thyme, sage, and beef or chicken instant stock.
Liquids: Cooking/salad oil, Worcester sauce, vinegar, and possibly—cheap red wine.

This selection is based on the following **Scientific Principles:**

Scientific Principle 1: 98% of all good cooking consists of the proper seasonings.

Scientific Principle 2: The incidence of tasteless food varies inversely with the provision of suitable additives (what your mother would call Imagination).

Scientific Principle 3: Cheap food garnished is better than expensive food neglected. There is as much actual food value in cheap mutton as in sirloin steak. The only difference lies in the taste. With proper attention this edibility gap can be narrowed.

Armed with these materials, therefore, and equipped with this slim volume, the aspiring student flatter will leave behind him the memories of his youth when he and others:

"spoiled the bread and spilled the wine
Which, spent with due respective thrift
Had made brutes men and men divine."

and graduate to that state when his friends will say, with Brutus:

"Upon what meat does this our Caesar feed
That he is grown so great."

A SHORT PLAGIARISED ASIDE ON KITCHENS AND KITCHENS

Peter L. Cave in his publication, "The Impoverished Students' Guide to Cookery, Drinkery, and Housekeepery", points out one of the most important differences between cooking in a student flat and Good English Cooking.

The basic opposition, he claims, can be explained in terms of the differences between **kitchens** and KITCHENS.

"Kitchens," he explains, "are shiny and gleaming artifacts constructed of chrome, glistening white stove enamel, formica and porcelain. They are found in such places as Kohimarama, Cashmere and Kelburn. They are owned by mousy little creatures known as Housewifes. Cooking in a **kitchen** is not unlike cooking in the tropical diseases ward of any general hospital, or in the ladies' lavatory of Frankton Station.

"KITCHENS, on the other hand are small, dingy scruffy unhygenic and thoroughly comfortable little alcoves frequently found in the abodes of Impoverished Students. Cooking in a KITCHEN gives life the added spice of danger, amusement, and the pioneering spirit. They contain the following essentials: A source of heat: Storage facilities: Removal facilities. Please note that any subsequent reference to a **kitchen** (subsequently spelt kitchen) should be taken to mean KITCHEN."

A BRIEF NOTE ON CONSERVATION

"Conservation," to quote that perspicacious First Lady, Lady Bird Johnson, "is of the utmost importance."

Keeping food fresh in a flat is of similar significance. The main problem in this respect is keeping meat fresh, especially over week-ends.

To achieve this the student need only follow one of a number of **subtle approaches.**

Subtle Approach 1: Refrigeration.

Try not to keep any thing vegetable in the frig for more than three days. Cabbage, lettuce and cucumber should be covered—preferably in the crispator—or they will go very soggy. When storing meat in the refrigerator remember:

(1) Fresh Meats. Unwrap meat and place on plate, loosely covered with waxed paper. Do not wash meat. See chart for storage times.

(2) Cured and Smoked Meats. Store in refrigerator in original wrapping.

(3) Poultry. Wrap loosely in waxed paper and refrigerate. To store stuffed cooked poultry, remove stuffing, refrigerate seperately.

(4) Fish. Wrap in waxed paper or aluminium foil.

REFRIGERATION STORAGE TIME CHART

For meats held in a household refrigerator at 32 to 40 degrees.

Kind of Meat	Time Limit
Beef	
Large pieces (roasts, etc.).	5 to 8 days
Steaks.	3 to 5 days
Stew meat, mince, liver.	2 days
Lamb	
Roasts.	5 days
Chops, ribs, stew meat, shanks.	3 days
Ground lamb.	2 days
Veal	
Roasts.	5 to 8 days
Chops.	4 days
Stew meat.	3 days
Poultry	
Chicklings, ducklings (drawn, whole).	2 to 3 days
Chickens, etc., cut up.	2 days
Turkeys (drawn, whole).	4 to 5 days
Pork	
Large pieces (roasts, cured hams).	5 to 8 days
Canned hams (unopened).	3 months
Bacon.	7 days
Chops, pork sausages.	3 days
Liver (sliced).	2 days

Subtle Approach 2: Animal Cunning

This is always a handy asset but is particularly relevant when you have no refrigerator.

In this case there are a number of ways of preserving food, especially meat.

(1) **Marinating meat,** while both making it more tender and more tasty helps preserve it — in cool weather for up to four days (not more!) and in warm weather for about two.



". evil cooks in damp tea-coated pigmy kitchens"

To Make a Marinade:

For each lb. of meat to be marinated allow one tablespoon of oil (olive oil is very good), 1 tablespoon vinegar, 1 teaspoon salt, 1 teaspoon pepper, and any herbs you might fancy. Soak the meat in it, turning occasionally.

(2) **Frozen Food** and ice cream will not keep out of a refrigerator for any length of time. If you wish to prolong their life briefly there are two things you can do:

(a) Choose the packet from the bottom of the freezer.

(b) With ice cream—remember that insulation for cold is the same as for heat—so wrap it in a blanket.

N.B.: The coldest place in a house is generally under the bed. Foodstuffs can even be stored here in hot weather if you are really desperate.

2. Cooking Vegetables.

General

Vegetables are an essential part of one's diet, for the maintenance of good health. Optimum care and handling of vegetables ensures a minimum loss of nutrients. Nutrient losses are mainly caused by prolonged soaking in water, too long a cooking time, and excessively high cooking temperatures.

METHODS OF COOKING VEGETABLES

Boiling

Cook vegetables in a minimum amount of boiling, salted water—1 tsp. salt per 2 cups water. Have enough water to cover the vegetables so that they do not boil dry.

Greens, such as silver beet, cabbage, spinach which reduce greatly during cooking, should not be covered completely. Cover saucepan tightly and boil at a moderate rate for recommended times (see below).

Pan Cooking (the Continental Brown Method).

Shred, slice or dice succulent vegetables. Melt a small amount of butter in a heavy pan, add vegetables, sprinkle with salt—2 tsp. per 2 cups of prepared vegetables—cover pan with lid and cook at a moderate temperature. Stir occasionally to prevent vegetables sticking, adding more butter if necessary. Cook until tender.

Grilling

Brush prepared vegetables with butter (melted), and sprinkle with salt. Roll pre-cooked vegetables in breadcrumbs or cornflakes if desired. Place 4in. below heat for 10-20 mins. Put closer to heat at end of cooking-time to brown if necessary.

Baking

Oven temperature 400° F.

Brush potatoes and kumeras with melted butter. Place on grid shelves or oven tray. Bake until soft—1-1½ hours.

QUANTITIES OF VEGETABLES TO BUY (in lbs.)

No. of People	1	2	3	4	5
Greens					
Cabbage	½/¾	1	1¼	1¼/1½	1½
Beans (Broad)	½	½/1	1/1½	½/2	2¼
Beans (French)	½	½/1	1	1½	2
Brussel Sprouts	¼	½	¾	1	1½
Asparagus	½	¾/1	1/1½	1½	1¾
Silver Beet	½	¾/1	1	1/1½	2/2¼
Peas	½	¾	1/1½	1½/2	2/2¼
Others					
Turnip (Sweet)	½	¾	1	1½	1½/2
Turnip (White)	½	¾	1	1¼	1½
Pumpkin	½	1	1½	2	2½
Leeks	1	2	3	4	5 small leeks
Marrow	½	¾/1	1/1¼	1½	2
Parsnips	½	¾/1	1	1¼	1½/2
Potatoes	½	¾	1¼	1½	2
Celery				small head	large head
Beetroot	½	¾	1	1¼	1½/2
Kumeras	½	¾	1	1½	2
Corn	One cob per person				
Carrots	½	¾	1	1½	2
Onions	½	¾	1	1¼	1½

TIMES FOR COOKING VEGETABLES (in minutes)

	Boiling	Steaming	Baking	Roasting
Greens				
Cabbage	10-15			
Brussel Sprouts	10-15			
Broad Beans	10-15			
French Beans	15-20			
Asparagus	10-20			
Spinach	5-10			
Peas	10-15			
Silver Beet	10-15			
Cauliflower	15-20			
Corn	10-15			
Others				
Potatoes	15-20	30-40	60-90	60-90
Pumpkin	25-40	35-40		60
Leeks	15-20			

Parsnips	20-30	30-40		60-90
Celery	10-15			
Beetroot	45-60			
Kumeras	15-20			45-60
Onions	20-35			45-60
Turnip (white)	15-20	25-30		
Turnip (sweet)	20-30	30-40		
Carrots	15-25	20-30		60-90
Tomatoes	5-10		15-20	

VEGETABLE RECIPES

If, as often happens, you become bored with the sad potato and the humble cabbage and carrot, there are a number of methods of reviving your fodder.

These are generally rather time-consuming, but always worthwhile, since they are virtually foolproof. Some suggestions appear below.

SALADS

Sensual Cabbage Salad

Shred a quarter of a cabbage per person. Mix with grated carrot and finely chopped spring (or ordinary) onions, diced apple and celery. Mix with mayonnaise (see recipe below).

1 egg yolk
1 teaspoon salt
½ teaspoon mustard
1½ tablespoons vinegar
1 cup salad oil

Mayonnaise

Mix egg yolk with salt, mustard, pepper and 1 tablespoon vinegar and beat.

While beating—believe it or not—add the oil, one teaspoon at a time. When quarter of the oil has been used, add it one tablespoon at a time until all gone. If this is not done gradually, the egg, etc., will curdle.

Add rest of vinegar and beat till creamy. Serve salad garnished with parsley.

Alternatively — toss cabbage mixture along with salt, one tablespoon of vinegar and two tablespoons of oil.

Potato Salad

Thematically related to the type above. First boil potatoes in their jackets. Peel when cooked and dice. Add fiinely choppede spring onions and mix with mayonnaise as above.

Lettuce Salad a la Milkwood

First catch your lettuce. Wash it under running water and shake dry. Take large lidded plastic bowl and rub round the inside with garlic. Add lettuce leaf by leaf. Pour over 1-2 tablespoons vinegar, and 1-2 tablespoons oil. Salt lettuce lightly. Put lid on bowl and toss lettuce until well-oiled. Serve as is.

Russian Salad

1 cup cooked peeled potatoes
1 cup diced beetroot
chopped parsley
1 cup cooked haricot beans
mayonnaise

Mix all the vegetables together, add mayonnaise—about 3 tablespoons full—and serve sprinkled with chopped parsley.

VEGETABLE HINTS FOR THE HARD-UP

Vegetables can provide the main course of a meal if you are too poor or too lazy to prepare meat, or have a small amount of left-over mince or bacon.

Utterly Stuffed Cabbage Leaves

½ cabbage (for two)
4 oz. sausage meat (3 dessertspoons)
chicken or beef instant stock
1 onion

Par-boil cabbage for about three minutes. Fry onion for about five minutes, then add tomatoes and sausage meat, along with any leftover rubbish, herbs, spices that you feel are fitting. When browned, remove and stuff into largest cabbage leaves you can find. Pack closely in covered pan and cook in 1 pint of stock for about fifteen minutes or until about to collapse. Eat them before they do. Use smaller leaves to make sensual cabbage salad, as above.

Ratatouille

This is to Provence what chop suey is to Shanghai.

1 onion (table a trois)
1 green pepper
1 sacred egg-plant
2 tomatoes
¼ lb. minced beef
½ lb pumpkin
2 tablespoons oil
garlic to taste (2 cloves min.)

Chop onion and garlic roughly and fry gently in covered pan. After 10 minutes add pumpkin, sacred egg-plant and peppers. After 10 minutes more add tomatoes. Simmer in natural juices GENTLY for about thirty minutes. Add 4 oz. minced beef and leave for another 15. Serve hot and eat.

Stuffed Peppers

4 peppers (one each)
2 small onions
4 oz. minced meat
1 small tin concentrated tomato soup
1½ tablespoons rice
1 egg
salt, pepper
1 teaspoon sage

Remove peppers, stalks and scrape out seeds and membranes. Boil rice until cooked, fry meat, onions, seasonings, egg. When cooked, stuff peppers and place them in a baking dish. Pour soup round them and bake in moderate oven (350 degrees or Mark 5) for about 45 minutes.

Corne Douce Aux Tomatoes (for four)

1 oz. butter
2 cups whole kernel corn
2 cups chopped cooked radical tomatoes
1 small sprig thyme (or one teaspoon ground thyme)
1 teaspoon sugar
salt and pepper

Fry tomatoes with herbs lightly for 10 minutes. Add the corn and cook for twenty minutes longer. Season well and serve.

Borsch

Though this is properly speaking a soup, it makes a fair meal if you're having a solid pudding. It is a bit of a fag to make, and you may not like it; but if you do like it, you'll be crazy about it. Besides, people keep bringing you beetroot when you live in a flat.

10 small beetroots
2 sliced onions
2 lb. gravy beef
2 quarts water
2 tablespoons sugar
2 teaspoons salt
Pepper to taste (black coarsely ground if possible)
Juice of a lemon

Scrub beetroots well and boil in water till tender (don't peel first). Remove from liquid, peel them, and grate on a coarse grater. Return to liquid with meat and onion and bring to boil again. Simmer about 2 hours. Add the rest of ingredients, simmer another 10 minutes, and serve. Serves about 6.

Il Pigli Mexicano

2 lb. peas (for four)
4 or 5 small onions
½ teaspoon salt
4 or 5 outside leaves of lettuce
2 rashers bacon
2-3 ablespoons water
pepper
1 oz. butter

Put all ingredients in a pot and cook gently until the peas are tender. Add more water to prevent burning or your meal will assume a Continental Brown appearance. Serve piping hot.

"I'll be round in 10 minutes". Well, what are you going to do now? Reach for the eggs, of course — easy to store, always available, quick to prepare, economical and good for you too. Here are some recipes for you to show them off in — and the cook too!

BACON AND EGG PIE

6 oz. Short crust pastry
8 rashers of bacon
4 eggs
Salt and pepper. Little milk.

1. Line a pie plate with ½ pastry.
2. Arrange bacon on pastry and break eggs on top — season lightly.
3. Cover with remaining pastry, seal the edges and decorate as liked.
4. Brush top with milk and bake in hot oven (400°F.—Gas No. 6) for 10 mins. Then reduce temp. to (350°F.—Gas No. 4) and cook for further 15 mins.
5. Serve hot or cold.

Time 25 mins. Serves 4.

FRUIT MERINGUE

Cover whole fruit, e.g., pineapple, apple, peach etc. with meringue mixture and cook in hot oven (400°F.—Gas No. 6) for 10 mins.

EGG AND SALAD CASSEROLE

6 coarsely chopped hard boiled eggs.
1½ cups dried celery or green peas.
3 tomatoes — skinned and sliced.
1 teaspoon minced onion.
1 tablespoon chopped parsley.
Salt and pepper.
⅔ cup mayonnaise.
1 cup grated cheese.
1 cup crushed chippies.

1. Combine all ingredients except cheese and chippies. Toss lightly and turn into casserole dish.
2. Bake approx. 30 mins. (375°F. —Gas No. 4).
3. Take from oven, sprinkle cheese and chips on top. Return to oven for further 5 mins.

Time 35 mins. Serves 4.

EGG AND LEMON DESSERT

2 eggs.
4 ozs. sugar.
Juice 1 lemon.

Beat egg whites stiffly, then add yolks, sugar and lemon juice—mix well. Put into dishes and decorate as liked.

AND for those of you who survive on a couple of burners or hotplates—try these in your frypan:—

EGG AND SAUSAGE CAKES

4 eggs.
8 oz. sausage meat.
½ apple—peeled and chopped.
Flour.
Fat for frying.

1. Mix sausagemeat with apple, divide into 4 portions and shape each into a round flat cake.
2. Coat with litle flour and fry till cooked and brown on each side.
 Remove from pan and keep hot.
3. Fry eggs and serve on each sausage cake.
 Serve with tomatoes or mushrooms.

Time: 175 mins. Serves 4.

BRANDY WHIP

2 eggs separated.
2 tablespoons sugar.
1 tablespoon brandy*.

1. Put yolks with sugar and brandy and beat until creamy.
2. Then stand basin over pan of hot water and stir until mixture thickens.
3. Remove from heat, cool a little then fold in stiffly beaten whites.
4. Serve in small glasses.
 *sherry or white wine may be substituted.

CUBAN EGGS

4 eggs.
1½ tablespoons batter.
1 onion finely chopped.
1 green pepper finely chopped.
2 carrots grated.
1 tablespoon chopped parsley.
Pinch mixed herbs.
Salt and pepper.

1. Melt butter and saute onion for about 5 mins.
2. Add green pepper, carrot and cook fr further 5 mins.
3. Reduce heat and break in eggs one at a time.
4. Sprinkle with seasoning and parsley.
5. Cover frypan and cook till eggs are set, about 3 mins.
6. Serve hot with rice.

Time 20 mins. Serves 4.

APPLE SNOW

2 egg whites.
½ pt. apple puree (8 oz. tin apple pie filling or sauce).
Juice 1 lemon.

1. Add lemon juice to puree.
2. Beat whites stiffly and fold into mixture.
3. Serve cold with a little cinnamon sprinkled on top.

Further recipes may be obtained from Jean Ponting, Home Economist, N.Z. Poultry Board and Egg Marketing Authority, P.O. Box 3228, Auckland.

Broad Beans and Bacon

2-3 lbs. beans (for four)
2 oz. butter
3 tablespoons flour
2 tablespoons vinegar
1½ cups water/instant stock
2-4 oz. chopped bacon
salt, pepper
1 teaspoon sugar

Melt butter in sauce pan and add flour. Add water or stock and stir until boiling. Add bacon and beans and cook until tender. Season, add sugar, vinegar and serve hot.

Cauliflower Cheese

1 small cauliflower (for four)
1 teaspoon butter
1 tablespoon flour
¾ cup milk
1 tablespoon finely grated cheese
salt, pepper

Boil cauli in salted water for about 12 minutes, then drain. Meanwhile melt butter in pot, stir in flour and gradually add the milk to make white sauce. When it thickens add cheese and cook gently for 5 minutes. Then add cauliflower and cook for 5 minutes longer before serving.

Karrots Karlheinz

4 large carrots (for four large people)
1 potato
1 small onion
1 rasher bacon
thyme, cinnamon, oil

Peel and slice vegetables. Fry onion gently for a few minutes then add spuds, carrots, bacon. Add small cup water, ½ teaspoon of each spice, salt and pepper. Simmer gently for 40 minutes. Serve when you are ready.

Primordial Potatoes Perpetua

16 small potatoes (for four)
3 large onions
1 tablespoon oil
1 bay leaf
1 pkt. instant beef stock
1 teaspoon thyme
salt, pepper
2 tablespoons flour

Peel potatoes and onions and cut them in quarters. Heat butter in saucepan and stir in flour. Heat until it turns yellow. Add stock and stir until it boils. Add the rest of the ingredients and simmer for ¾ hour then serve.

3. Hearty Soups.

There is basically only one soup worth making in a student flat—Primordial Scotch Broth—a recipe for which appears be-

low. All the other raffine varieties can just as well be simulated by doctoring run-of-the-mill canned or packet soup.

Two things can be done:

(i) Thickening by adding corn starch, i.e., Cornflower mixed into a small quantity of milk until a paste is formed, then added in toto to the soup mixture while it is cooking.

(ii) Garnishing. Particularly good is grated cheese on onion soup or minestrone, and cream, sour cream, or yoghurt on tomato soup. Apart from this, just use your own judgment.

Primordial Scotch Broth

2 pints mutton stock
3-4 tablespoons barley
Pepper and salt
Anything else which seems okay.
1 lb. mixed diced root vegetables (carrot, turnip, parsnip, onion, etc., etc.), parsley.

Prepare and slice the vegetables. Place 1 tablespoon oil in saucepan and heat. Brown sliced vegetables in oil for about 15 minutes. Add the oatmeal, the anything else, and then the stock, stirring all the time. Simmer gently until all the vegetables are tender. Cooking time 1 hour. Serves 4.

The Gentle Art of Expanding Soups

Soups can be expanded with animal cunning to make a meal. Most of these are rather unfortunate, but you may strike it lucky. Try anyway . . . just for yourself.

Sausage Balls

1-2 tablespoons sausage meat (for 1)
1 egg
½ slice bread
½ teaspoon ground allspice

Mix thoroughly together; form into little balls about the size of a cork and drop into any cooking soup. They need about 10 minutes.

Ravioli

¼ lb. ravioli
A certain amount of clear soup

Drop ravioli into simmering soup and leave for about 15 minutes or until cooked. Then eat (and drink) the result. Serves one sad man.

Liver Dumplings

2-4 oz. liver
1 small onion
1 slice bread
Salt, pepper
½ teaspoon ground allspice

Chop onion finely, moisten bread in milk, and mix with onion and chopped liver. Mix with seasonings and form into little balls. Drop into hot soup and simmer very gently for about 15 minutes. Consume alone.

4. Rice Advice.

A WORD ABOUT RICE

If you already have a way of cooking rice, stick to it. All the ways people swear by work. I don't, myself, wash it first unless it's very dusty. I hoosh it into boiling salted water, 2 cups water to 1 cup rice, and cook gently about 20 minutes. I fish out a grain and bite it. When it feels like rice, it's done. On the whole, when it's served as a veg. among others, a pound serves 8 people; but as a basis for a rice dish, four people can eat a pound.

Moreover, it is essential to remember the following facts which I quote from Peter L. Cave's "Impoverished Students' Book of Cookery, Drinkery and Housekeepery":

"Rice expands—a lot more than you would expect it to. Hence there is rice (in its natural uncooked state) and R-I-C-E (in its expanded fully cooked state).

"Some cookery books blithely refer to 'one cup of rice per person'. What they really mean is 'one cup of R-I-C-E per person.' A mistake can be embarrassing."

Spanish Rice

1 lb. rice
1 lb. mince
1 large onion
4 big tomatoes
1 green pepper
2 stalks celery
Teaspoon salt
Teaspoon sugar
Cooking oil

Chop onion and fry in the oil. Add the mince, breaking it up and browning gently. When browned, add salt, sugar, sliced tomatoes, and a pint of boiling water. Cover and simmer for 20-30 minutes. Just before serving, add chopped celery and capsicum pepper, to heat up but not cook. Serves 4.

Bacon Fried Rice

1 lb. rice
½ lb. bacon
1 onion
1 tomato per person
2 eggs

Cook the rice. It's actually better if cooked the night before, but you can do it at the time.

Heat oil or dripping in pan, beat the eggs slightly (in a cup with a fork) with a dessertspoon of water. Pour into the hot oil. As soon as you can lift it with a spatula, remove from

pan and chop up. Now cook in the pan the chopped onion and bacon. Add the cooked rice and sliced tomatoes and keep it all on the move for about ten minutes. Add the sliced egg, warm up and serve. Serves 4 or 5.

Chicken Fried Rice

1 lb. rice
1 chicken (about a dollar twenty-five)
2 teaspoons chicken instant stock
1 quart water
1 onion
1 bayleaf
2 peppercorns
2 teaspoons salt

In a deep, heavy saucepan put all but the rice. Simmer gently about 1½ hours, or till chicken feels tender and is easily taken off bones. If you're feeling luxurious, cook the rice in water to which you've added 2 teaspoons instant chicken stock.

Cut the chicken up, discarding bones. Fry the rice and chicken gently in a tablespoon of oil or butter for about 10 minutes. A few sliced mushrooms make it out of this world. Serves 6.

Curry and Rice

1 lb. mince
2 onion
1 apple
Tablespoon sultanas
2 teaspoons curry powder
Teaspoon instant beef stock
2 cups water
Flour to thicken

Fry the onion and apple in oil, add and fry the curry powder. Crumble in the mince and brown it, and add all other ingredients except the flour. Simmer an hour. Thicken and serve with rice. Serves 4.

Mushroom Risotto

2 onions
1½ cups rice (for 3)
1 small can condensed mushroom soup
2 cloves garlic
grated cheese

Fry onion and garlic in butter in the bottom of a large saucepan. Add uncooked rice and cook for about 2-3 minutes very gently. Then add one cup of hot water, leave for two minutes more and add mushroom soup and cheese. Stir, then leave for twenty minutes over a moderate flame. Add more water if it looks like drying up. Serve sprinkled with grated cheese.

Blotto Otto's Risotto

As above, but add ½ lb. smoked fish and 1 cup of red or white wine.

5. Masterly Pastas.

Sneaky Spaghetti Sauce

1 lb. mince *16 oz. can tomato soup*

Hoosh up the mince in the soup till revolting. Add a little water if it isn't sloshy. Heat in saucepan, stirring, till it boils. Then cover and leave over low heat for 1 or 2 hours. Give an occasional stir and if it gets dry, add more water.

Serve with spaghetti and grated cheese. Hot French bread crisped in the oven for ten minutes always wows them. Serves 5 or 6.

Macaroni Cheese

2 cups macaroni (for 4) *2 onions*
4 heaped dessertspoons grated cheese
2 cloves garlic *3 rashers bacon*
breadcrumbs *1 teaspoon butter*
1 dessertspoon flour *1 cup milk*

Boil macaroni in salted water until soft—about fifteen mins. Melt butter in bottom of saucepan, mix in flour and heat until it turns yellow, then add milk gradually to make white sauce. Add 3 tablespoons of cheese and the macaroni and simmer for five minutes. Lightly fry seasoned onion, garlic and sliced bacon and add to mixture. Stir well. Place in large casserole, sprinkle with bread crumbs and with last spoonful of grated cheese. Add two knobs of butter on top. Bake in moderate oven (350 degrees or Mark 4-5) for about 20 minutes or until crisp on top. Serve with tomatoes and salad.

Spaghetti Bolognese

2-3 onions *Grated cheese*
1 rasher of bacon *½ teaspoon mustard*
½ lb minced beef *2 cloves garlic*
1 tin concentrated tomato soup *Salt, pepper, 1 teaspoon sage*

Cook spaghetti in boiling salted water until soft. Allow at least 25 strands per person. Meanwhile, fry onion, bacon, and in oil, add meat and season. Cook for about 20 minutes in tomato soup. Serve on top of spaghetti and attempt to eat it.

Fish Spaghetti

As above, but use two small cans of sardines instead of mince, and substitute cashew nuts for cheese.

Spaghetti Transhumanus Rusticana

2 tablespoons yoghurt
2 cloves garlic
3 ripe tomatoes
pepper, salt
butter for frying

Cook spaghetti as above. Chop garlic and fry for 5 mins. in butter. Add tomatoes and a dash of pepper and fry for 10 minutes. Remove from heat and add yoghourt, stirring in well. Pour over spaghetti and consume.

Fabulous Cheese Sandwich

Uses up old bread, and can be made whenever it suits you, must be at least ¾ hour before cooking.

2 eggs
1½ cups milk
½ teaspoon salt
½ teaspoon mustard
Pepper
4 thick slices bread
2 thick slices cheese

Butter casserole dish. Cut crusts off bread. Put slices of cheese between slices of bread. Arrange in dish, and pour over rest of ingredients beaten together. Leave to stand as long as you like. Pre-heat oven to 325 degrees. Bake 45 minutes, until golden and puffed. Serve at once, as it collapses. Serves 3.

6. Meaty Remarks.

THE COST OF MEAT

A lot of your kitty money will be spent on buying meat. Local and seasonal variations in food costs make it inadvisable to include current prices. Instead we will try to indicate price ranges (for various meat cuts) which remains relatively constant.

CUTS OF MEAT TO BUY

Cheaper Meats

Meat	Cut	Type of Dish
Beef	Mince	Stew or patties
	Chuck Steak	Stew
	Blade Steak	Stew
	Flank Steak	Stew
Mutton	Shoulder Chops	Stew
	Leg Chops	Stew
	Crumbed Cutlets	Grill or fry

Sausages	Beef or Pork	Grill or fry
Liver	—	Grill, fry or minced (in casserole)
Kidney	—	Grill or fry

Medium Priced Meat

Meat	Cut	Type of Dish
Beef	Topside Steak	Grill, fry or stew
	Rump Steak	Grill
Mutton	Rolled Rib Roast	Roast
	Loin Chop Roast	Roast
	Rib Chops	Grill or fry
	Boiling Mutton	Boil

Expensive Meat

Meat	Cut	Type of Dish
Beef	Sirloin	Roast
	Rolled Shoulder	Roast
	Prime Rib	Roast
	Fillet Steak	Grill or fry
	T-bone Steak	Grill or fry
	Porterhouse Steak	Grill or fry
Pork	Boned Leg	Roast
	Boned Shoulder	Roast
	Chops—Rib or Loin	Roast, grill or fry
	Bacon	Grill, fry or stew
Veal	Leg, Rib or Loin Roast	Roast

QUANTIES TO BUY

The following table will give you some idea of how much meat to buy. The weights of meat are in pounds, except where otherwise noted.

Meat	1	2	3	4	5 people
Roast					
Mutton			2½	3	3½
Veal			2½	3	3½
Pork			2½	3	3½
Lamb			3	3½	4
Beef			2½	3½	3½
Boiled					
Mutton	1	2	3	3½	4
Corned Beef	1	2	3	3½	4
Stews					
Beef	¼/½	½/¾	1/1½	1½	2
Mutton	¼/½	½/¾	1/1½	1½	2
Shoulder	1	2	3	4	5
Leg Chops	1	2	3	4	5
Grills					
Beef Steaks				1½	

Lamb/Mutton					
Chops	1	2	3	4	5
Bacon	1 to 2 rashers per person				
Kidneys	1 to 2 sheep kidneys per person				
Liver				1½	
Sausages	2 per person			1½	2
Fry					
Beef Steak			1	1½	2
Sausages			1	1½	2
Mutton Chops	1 or 2 per person				

METHODS OF MEAT COOKERY

Which Method to Choose

This generally depends on the amount of time you have at your disposal. Since meat is the item in a meal which takes the most attention you can be guided in your choice of fodder by the meat cooking times.

If you get home from a six o'clock lecture, don't imagine you can cook a roast before bedtime—fry some sausages, steak, or chops instead. Alternatively, remember that the fastest-cooking meat is actually fish, which can be grilled or fried with a minimum amount of worry.

If you have, say, two to three hours of lectures in the afternoon and live close to university, try cooking a roast or casserole, or even an Irish stew **on a low heat** while you are away. Apart from this the choice is entirely up to you.

Roasting

Oven temperatures: 300-325° F. for beef, mutton, veal.
350° F. for pork.

Place the meat fat-side uppermost in a roasting pan. Cook in pre-heated oven. Turn the meat once during cooking.

Cooking Times in Minutes Per Lb. of Meat

Beef—medium	30-40
—well done	40-45
Veal	30-35
Mutton	35-45
Pork	35-45 (must be well done)
Lamb	35-40

Boiling

Place meat in a pan with sufficient boiling water or stock to cover meat. Season with salt, but do not add salt to corned beer.

Place tightly fitting lid on saucepan.

Simmer meat until tender when tested by prodding with fork.

To improve flavour, add small amounts of herbs, onions, root vegetables and celery to the water during cooking.

Cooking Times in Minutes Per Lb. of Meat

Corned Beef	35-40
Fresh Beef	30-35
Mutton	25-30

Stewing

Cut stewing steak into 1"-2" cubes.

Sprinkle meat with salt and flour.

Place approximately 1 tablespoon of fat in bottom of saucepan—brown meat for five minutes. Then cover browned meat with stock and water—add one teaspoon of salt to the water. Simmer until tender.

Add vegetables to stew ½ hour before end of cooking time.

Thicken if necessary just before serving.

Thickening

1-2 tablespoons of flour with sufficient water to make a thin paste. Stir slowly into stew, cooking another ten minutes.

Stewing Times

Beef	2½-3 hours
Mutton	1½-2 hours
Veal	2-2½ hours

Grilling

Preheat the grill.

Cut through fat on outer edge of steak and chops to allow heat to penetrate, to prevent curling and uneven cooking. Place meat on the rack with top surface of cut approximately 2" from heat—3" for thick cuts. Cook for half the time, turn and cook to the desired degree of doneness.

Cooking Times

Beef Steaks	Rare	10 mins. for 1" thick steak
		16 mins. for 1½" thick steak
	Medium	14 mins. for 1" steak
		16 mins. for 1½" steak
	Well done	18 mins. for 1" steak
		26 mins. for 1½" steak
Lamb or Mutton Chops	Medium	12 mins. for thin chops
		22 mins. for thick chops
	Well done	14 mins. for thin chops
		22 mins. for thick chops
Meat Patties	Well done	14 mins.
Bacon		3-5 mins.
Kidneys		8-10 mins.
Liver		4-6 mins. for thin slices of liver, approx. ½" thick.
Sausages		10-15 mins.

". relatively cheap recipes, and simple enough for even the most inexperienced cook"

Frying

Heat a small amount of fat in a heavy frypan or electric frypan. Cook meat until desired brownness is achieved, using lower cooking temperature until cooked in centre. Cook ten minutes each side of meat. Sausages brown quickly, but are best cooked slowly to ensure that centres are properly cooked.

Drain fried foods on absorbent paper, or slices of stale bread, before serving.

MEAT RECIPES

These recipes should provide a change from plain boiled, fried, and roast meats. They are all relatively cheap and simple enough for even the most inexperienced cook.

Chili Con Carne

Fairly quick, and can be made in advance and re-heated.

1 lb. mince
30 oz. can baked beans
1 largeish onion
1 clove garlic
Cooking oil or dripping
½ teaspoon chili powder (believe me! add more next time if you like)

Heat the oil in frying pan, and add finely chopped onion and very finely chopped garlic. Shove the mince in and keep breaking it up. When it's separated and turning pale brown, sprinkle the chili powder in a spreading manner. Cook gently about ten minutes more then add the beans. Bring to boil and serve. Add a little salt if you like.

When tomatoes are cheap, you can add a few, sliced, just after chili goes in.

Serve with dry water crackers. Serves about 6.

Meat Loaf

Takes a while, but you can go away while it's cooking. Can be made the day before and served cold with salad.

1 lb. mince
1 lb. sausage meat
Teaspoon curry powder
Teaspoon mixed herbs
Tablespoon tomato or worcestershire sauce
Shake of salt and pepper

Put all into basin and mix thoroughly with a fork till a hooshy blend is achieved. Turn into a loaf tin, piedish or suitable alternative receptacle, and cook 1½ hours in about 325 oven.

Loosen edges with knife, and turn out. You may need to drain off any accumulated fat first.

Serves about six.

Meat Balls

1 lb. mince
1 lb. sausage meat
1 clove garlic
Oil or dripping
2 packets mushroom soup
2 cups water
2 cups red wine (even the sort that smells like blackberries will do. Of course you can substitute water or stock if you must)

Heat the oil in frying pan and add garlic very finely chopped. Mix the mince and sausage thoroughly with fork. Then wet your hands with cold water and shape little balls about the size of unshelled walnuts and cook them in the oil till brown all over and no longer bendy when pressed — about 20 minutes. (I always cut one open to see!) While the first batch cook, make up the soup in a big pot with the water and wine, stirring till thickening. Then keep over low heat, adding the balls as they get done. Have a good wash, and cook some spaghetti as on the packet. Serves about 8, depending how much spag. you cook.

Foie Noble et Sentimentale

2 rashers bacon
1 lb. onions
2 teaspoons salt
pepper to taste
2 tablespoons flour
½ pint instant beef stock
1 lb. sheep's liver (for three)
chopped parsley

Cut bacon into small pieces and fry with onion, then add seasoning. After 5 minutes add flour and mix well. Add the stock and stir until it boils. Add liver, cut into long thin pieces and simmer for 30 minutes. Serve sprinkled with chopped parsley.

Moussaka Terezopoulos

1½ lb. minced beef (for four)
2 oz. butter
8 oz. chopped onions
8 oz. chopped tomatoes
1½ lb. potatoes
2 cloves garlic
4 tablespoons red wine (optional)
2 tablespoons flour
1 pint milk
1 egg
4 tablespoons grated cheese
1 teaspoon sage

Melt butter in frypan and fry meat, onions, tomatoes, sliced garlic. Season well. Peel and slice potatoes very thinly. Place a layer of spuds at the bottom of a large greased casserole dish. Add a layer of meat, then potatoes, and repeat layers, finishing with potatoes. Sprinkle with wine.

Melt ½ oz. butter in a small pan. Add the flour and mix. Cook for a minute then add milk and stir until it boils and thickens. Remove from heat and add slightly beaten egg and grated cheese. Stir until sexy, then pour over meat mixture. Bake in a moderate oven for 1 hour (350 degrees, or gas Mark 5).

Carne Della Casa Rolla

1½ lb. braising steak (for four)
1 can condensed mushroom soup
2 cloves garlic
1 small tin peas
oil, salt, pepper
1 teaspoon ground allspice

Trim fat from meat, and cut into 4 pieces. Fry lightly in oil on both sides. Add half a cup of water, soup, garlic, peas, seasonings and simmer very gently for 40 minutes.

Lammfleisch von Scholtz

4 lge. mutton neck chops (for 4)
1 teaspoon ginger
6 potatoes
2 cloves garlic
salt, pepper
6-8 tomatoes
oil (olive, if possible)

Trim fat from chops, put in sliver or two of garlic in each one and brown in (olive) oil. Add tomatoes, sliced potatoes, and seasonings and cook for 5 minutes. Place in casserole and add 2 tablespoons water. Cook for 1½-2 hours in a moderate over (350 degrees, Mark 5).

Pork Chops in Cider

4 large pork chops (for 4)
oil
2 cloves garlic
½ pint dry cider
salt, pepper
2 bay leaves
cloves

Fry chops for about two minutes each side. Add herbs and seasonings and garlic, along with the cider. Cover and cook very slowly for 1 hour.

Jaws Inc. Memorial Potpie (1881)

1 cup chopped onion
1 tablespoon oil
2 lbs. minced beef (for 4)
3 cups medium noodles
1 tin condensed tomato soup
2 cloves garlic
pepper, salt
2 teaspoons Worcestershire sauce (or equivalent)
2 sliced green peppers
1 pint sour cream
½ lb. mushrooms (optional)

Fry garlic, onion in oil till tender, add beef and brown lightly. Place parboiled noodles in layer over meat. Combine tomato soup and seasonings and pour over noodles. Cover and bring to boil, then simmer for 20 minutes. Add green pepper, cover and continue cooking for 10 minutes. Stir in sour cream and mushrooms, and top with remaining pepper rings. Simmer 10 minutes, then serve.

Sauersussschweinskoterlananasapparat mit Grunpfeffern
("Sapprement!" said Bismarck)

2 lb. pork pieces (for 4)
1 small can pineapple pieces
¼ cup brown sugar
2 tablespoons cornflour
¼ cup vinegar
1 tablespoon soy sauce
⅓ teaspoon salt
2 sliced green peppers
½ cup thinly sliced onion
milk

Brown pork slowly in oil. Add ¼ cup water; cover and simmer till tender, about 1 hour. Drain pineapple, reserving syrup. Make corn starch by adding cornflour to small amount of milk.

Add pineapple syrup, vinegar, soy sauce and salt. Cook over low heat till thick, stirring constantly. Pour over hot cooked pork, let stand for 10 minutes or longer. Add pineapple green, onion. Cook about 10 minutes longer, and serve over noodles or rice.

Meatballs Supreme, according to Saint Thomas

3 slices of bread
6 cups hot milk
1 beaten egg
1 lb. sausage meat (for 4)
1 lb. minced beef
3 tablespoons grated onion
2 cloves garlic
1 teaspoon sage
salt and pepper
1 tablespoon oil
1 small tin concentrated tomato soup
1 cup hot water
1 cup chopped carrots
½ cup peas
½ cup celery (optional)

Sausage and Apple Casserole

2 lb. sausages
4 medium onions
4 apples
1 teaspoon salt

Prick sausages and put in casserole. Scatter coarsely chopped onions and apples over and sprinkle with salt. Cover and bake 1½ hours at 350 degrees. Serves 6.

Knuckle Stew of Dubious Fame

1 mutton knuckle per person
1 small onion per person
1 small carrot per person
Bayleaf
Parsley
Salt
Water
Pepper
Couple of handfuls of barley if liked

Slice onions and carrots. Assemble all ingredients in large pot, and cover with water. Bring to boil and simmer 2 to 4 hours. Leave overnight to cool. Next day, lift off all fat, and heat to boiling for ten minutes. Serve with mashed potatoes and green vegs.

Veal Scallopini

2 lb. veal steak
Flour
Salt and pepper
Butter
½ cup white wine
1 cup cooked peas

Cut veal into 2 inch squares. Dip in seasoned flour and fry slowly in butter till golden brown both sides. Add the wine, reduce heat, and cook until thick gravy. Add the peas and hear. Serves 5 or 6.

Pork Casserole

2 lb. pork pieces
1 lb. kumaras
2 large onions
Teaspoon mixed herbs
½ cup breadcrumbs
1 lemon
Tablespoon oil
2 large apples

In casserole dish place sliced onions and apples. Sprinkle with mixed herbs and teaspoon salt. Spread pork pieces over, and cover with peeled sliced kumaras. Squeeze over the lemon juice, cover with breadcrumbs and sprinkle oil. Cover and cook 350 oven 2 hours. Fabulous with baked potatoes. Serves six.

Slurpy Chops

8 neck chops (mutton)
2 onions
2 big apples
2 carrots
Pinch mixed herbs
Teaspoon salt
2 cups water
½ teaspoon curry powder
Tablespoon cooking oil

Grease a casserole. Put in bottom sliced onions and apples and sprinkle herbs and salt. Sit the chops on them and sprinkle curry powder. Cover with sliced carrots, add the water and sprinkle the remaining oil. If your flat is one of those "blessed" with silver beet, for some reason a couple of leaves finely chopped don't go badly. Cover and cook in 350 oven for 2 hours. Good left overnight and reheated for ½ hour. Sometime then you can remove some fat.

Goulash

2 lb. stewing steak
1 onion (biggish)
1 cup tomato sauce or soup
½ cup cream or top milk
1 heaped teaspoon paprika
Salt
Water
Teaspoon or so butter

Put butter, finely chopped onion and teaspoon salt in heavy saucepan with lid on over low heat 10 minutes. Shake occasionally. Remove from heat and add paprika, tomato sauce, 1 cup water, and cubed meat. Stir and return to heat;

bring to boil and simmer for 2 hours, stirring occasionally and adding more water if drying. When ready to serve, add the cream or top milk. Some people prefer to use yoghourt. Serves 6 to 8.

Beef Stroganoff

1 small onion
Butter
1 lb. grilling steak
½ lb. mushrooms
Salt
Grated nutmeg (can be omitted)
¼ pint sour cream

Fry the sliced onion in melted butter, add the beef cut into strips, and brown this for about five minutes, with the mushrooms. Add salt and a pinch of nutmeg, stir in the cream, warm for a couple of minutes and serve with rice and salad. Serves 4, but 2 people can make a hungry hole in it.

Shroud Meat Skoropadski

1½ lb. stewing steak (for 4)
8 tablespoons flour
3 teaspoons salt
¼ teaspoon pepper
1 tablespoon cooking oil
4 large onions
1 pint beer (not lager)
2 cloves garlic
1 teaspoon ground allspice
1 teaspoon sugar
2 tablespoons vinegar

Curried Beef

2 lb. stewing beef
1 onion
6 tamarillos
2 bananas
Tablespoon curry powder
1 cup grated coconut
Pint water

Fry the onion in oil, and brown the beef. Add the curry powder and cook a further minute. Add the peeled and sliced

Meat Patties and Potato Goulash

1½ to 2 lbs. mince
Cooking oil
2 lbs. potatoes
2 big onions
1 clove garlic
11 oz. can tomato soup
1 teaspoon instant beef stock
1 teaspoon paprika
Pinch mixed herbs
Small carton sour cream or yoghurt

Peel the potatoes and slice them and boil them with chopped onions and garlic. About 20 minutes, don't overcook them. Drain and turn into casserole dish. Add in this order the paprika, stock, herbs, soup and cream or yoghourt. Put into 350 oven about ½ hour while you divide the mince into about a dozen patties and fry them gently in the oil. Serves 6.

fruit, and the water. Cover and simmer 2 hours, or till meat is tender. Leave overnight. Remove fat if necessary. Next day bring to boil and add coconut. Cook ten minutes, thicken more if necessary. Serve with rice.

Veal and Rice

1½ lb. veal
2 tablespoons oil
1½ cups chopped onion
1½ cups sliced celery
1 green capsicum pepper, diced
½ cup uncooked rice
1 packet mushroom soup
½ pint water
1 cup milk
2 dessertspoons soy sauce

Cut the veal into strips ½in. by 2in. Brown quickly in the oil. Add the onion and cook five minutes. Now put everything in big casserole, cover and cook 1½ hours 325 oven. An occasional stir helps. Serve with noodles. Serves 6.

Liver Casserole

2 large onions
Butter
¼ lb. bacon
1 lb. liver
1 cup breadcrumbs
Tablespoon chopped parsley
Teaspoon mixed herbs
Salt and pepper
½ pint water

Slice the onions and fry in butter. Mix into casserole with chopped bacon, sliced liver, and other ingredients, making sure some of the breadcrumbs end up on top. Cover and cook 350 oven for 2 hours. Good with mashed potatoes. Serves four.

Devilled Kidneys

2 lb. ox kidney
1 big onion
1 lb. rice
1 tablespoon cornflour
1 tablespoon soy sauce
¼ cup sherry
½ teaspoon cayenne pepper

Slice the kidney finely, discarding the fatty middle part. Cover with cold water and leave for an hour. Drain and rinse again. Then stir in the cornflour, cayenne, soy and sherry. While that thinks about it, put on the rice, and fry chopped onion in pan with cooking oil. Hoosh the mixture into the hot onion, and stir until thick, adding more water if needed. Then cover and simmer ¼ hour, or till rice is ready. Serve on fluffy white rice. Serves 4 to 6.

Cheesy Crust Casserole

1 lb. mince
1 packet mushroom soup
1 cup cold water
6 slices bread without crusts
1 cup grated cheese

Break up the mince in a casserole dish. Mix the soup and water and pour over the mince, stirring well. Arrange the bread on top and sprinkle the cheese over. Bake 350 oven 1 hour. Serves four.

Casserole as the Letter C

This is an old Newhaven dish much admired by my grandmother in Paisley. It needs time, so give yourself a free day. You will need:

3 lbs. self-sinking flour
1 bucket Somerset cider
A pinch of nutmeg
A twitch of cloves
A sneeze of red pepper
5 grundles of parsley fibres
Carrots to taste
3 pampean dits

Mix the flour with a little water and strop until moist and smooth. Batten firmly and drub for a few minutes, twitching the cloves carefully.

Put the cider on a low flame and bring to the boil. DO NOT BOIL. When it is boiling slam on the lid and allow to simmer for six and a half hours, stirring continuously (I usually change hands after an hour or two, to give variety).

With the free hand splice the carrots generously into a small iron chamber pot, grouch the parsley fibres, and mince mashily into a lumpy paste. DO NOT VOMIT.

Take the peppers and nutmeg, stipple them briefly and add to the gunge. Wrap the lot up in the pastry and allow to set like concrete.

Serve in cup with cold custard, well raddled with buttered mint.

7. Fishy Stories.

Plain grilled, fried or poached fish provides a very tasty, very quick meal on any occasion. Fish is also cheap since you do not pay for bones or fat as you do with meat.

This section offers advice on simple cooking methods for oily, white, and smoked fish and also some fancy recipes which you can try if you want a change.

OILY FISH

These hints and recipes apply to fish such as Blue Cod, Hapuka, Mackerel, Kingfish, Terakihi, Trevalli and Lamprey (40 watt).

These fish are rich in oil and full of flavour. They should be cooked with their skins on and usually whole. To prepare for cooking first remove the scales by scraping with the blade of a knife from the head to the tail. Wash frequently under cold running water to remove any loose scales.

GRILLING

Pre-heat the grill and grease the rack with oil, or remove rack and cover the base of the grill pan with foil. Clean the fish and season the inside. Place in from the heat. It is not necessary to brush any fat over the fish since they are sufficiently oily in themselves to remain succulent during cooking.

Cooking time varies with the type of fish (see later). The fish is cooked when the flesh begins to come away from the bone.

Serve with a wedge of lemon or a tasty sauce (see below).

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FRYING

1. Dry fish thoroughly. Wet fish spatters.
2. Dip fish in milk, then in seasoned flour; or flour it first and then dip in lightly beaten egg.
3. The fish can be fried in shallow or deep fat. For a deep fry, use a saucepan. Use butter or oil for pan frying, but oil only for deep frying.
4. Don't overcook. The fish is ready when it will flake easily.

When shallow frying fillets with the skin on, fry the flesh side first.

POACHING

1. Cook the fish in a court bouillion or in stock. The fish should be simmered with just enough liquid to cover it.
2. To make a court bouillion you will need:

2 pints water
1 sliced onion
Sprig of parsley
1 bayleaf
Juice of one lemon
1 level teaspoon of salt

Measure all the ingredients into a pan, cover with a lid and bring to the boil. Simmer for ten minutes, then strain and use hot. Alternatively, put the fish in cold water, add the other ingredients, and bring to the boil.

4. Simmer very gently till the fish is cooked.
4. Use the remaining liquid as a base for a sauce.

BAKING

There are a number of excellent recipes for baking oily fish. We offer a small selection.

Sweet Spiced Fish

4 fresh fish (1 each)
Salt and pepper
¼ pint white vinegar
¼ pint water
1 bayleaf
A few peppercorns
1 oz. (or rounded teaspoon) brown sugar
½ onion, sliced in rings
1 level teaspoon salt
2-3 cloves

Remove scales and clean. Cut off the tails and all fins. Sprinkle the flesh with salt and pepper and roll up from head to tail. Pack in a piedish.

Meanwhile, put vinegar, sugar, water, salt, cloves, onions, peppercorns into a saucepan. Bring to boil and simmer for 5 minutes. ¼ ¼

Strain the liquid over the herrings and cover with a buttered paper. Place in the centre of a moderate oven (350 de-

grees, or Mark 4) and bake for 30 minutes.

Remove from the heat and allow to cool in the liquor, then drain and serve. This dish is particularly nice if served with crisp fresh lettuce and potato salad.

Stuffed Fish

4 fresh fish (1 each)
Squeeze of lemon juice
Salt and pepper
½ oz. of butter

For the Stuffing:

1½ ounces (three heaped tablespoons) fresh breadcrumbs
3 heaped teaspoons finely chopped parsley
Pinch of mixed herbs. *Little grated lemon rind*
1½ tablespoons melted butter

Remove the scales and wash the fish. Cut off the heads. Rinse out fish under cold running water, snip off tails and fins with scissors.

Mix together the stuffing ingredients with a fork, adding enough egg or milk to make it moist. Season well. Then loosely stuff the insides of the fish.

Place in a buttered fireproof dish, sprinkle with salt and pepper and a squeeze of lemon juice. Dot with butter and cover with greaseproof paper. Place in the centre of a moderate oven (355 degrees, or Gas Mark 4) and bake for 25-30 minutes. Serve with boiled potatoes and grilled tomatoes.

Fish in a Parcel

4 fresh fish (1 each)
Salt and pepper
1 tablespoon lemon juice *Cooking oil*
Lemon slices and parsley to garnish
A little beaten egg or milk to bind

Remove scales and cut off fins. Take out the eyes but leave on the head and tail. Wash out the inside and sprinkle it with salt and pepper.

Place the fish in well oiled greaseproof paper, twisting the ends securely. Set on a baking tray and place in the centre of a moderately hot oven (355 degrees or Gas Mark 4) and bake for 20 minutes. When cooked, loosen the paper carefully and arrange the fish on a hot dish. Add the lemon juice to the liquid which has collected on the paper and pour this over the fish. Garnish with onion and parsley and serve.

Greek Plaki

1-2 fish (to feed four)
2 onions
2 carrots
½ lb potatoes
4 tablespoons oil
Lemon juice

2 stalks celery *Salt and pepper*
2 tomatoes *Chopped parsley*

Remove scales and cut off fins. Take out the eyes but leave on head and tail. Prepare the vegetables and slice all to the same size. Heat the oil in a large pan and lightly fry the vegetables separately, ending with the tomatoes.

Place the fish in a large greased baking dish and sprinkle it with salt, pepper etc. Place vegetables around the fish and pour away any remaining oil from the pan over the fish.

Cover with a piece of greaseproof paper and bake at 350 degrees or Gas Mark 4 for about 30 minutes.

Sprinkle with chopped parsley and serve hot or cold.

WHITE FISH

These hints apply to fish such as Cream fish, Gurnard, John Dory, Snapper, Sole, Lemon Fish and Helen Fish.

1. White fish does not have as much flavour as other types so it needs to be cooked carefully to preserve the maximum taste.

2. To test if it is cooked, press the fish lightly at the thickest part or near the bone, and the flesh should come apart in flakes.

3. Most white fish is cleaned and filletted or cut in portions before being sold. Consequently, no advice is necessary on these points.

N.B.: Cheaper white fish such as Gurnard and lemon fish are very tasty, and lemon fish has the advantage of being boneless.

GRILLING

1. To get more flavour, soak fish in a marinade before cooking.

2. **Marinade for fish.**

6 tablespoons oil *½ level teaspoon pepper*
1 tablespoon chopped parsley *½ finely chopped onion*
3 tablespoons vinegar *Juice of 1 lemon*
1 level teaspoon salt

Combine the ingredients, pour into a shallow dish and add the fish steaks. Leave to soak for 2-4 hours, turning occasionally, then drain off liquid.

3. Heat the grill and grease the rack with melted butter or oil, or remove the rack and cover the base of grill pan with buttered kitchen fat.

4. Sprinkle fish with salt and pepper and brush with melted butter or oil.

5. Place under the grill, at least three inches away from the heat.

6. Grill the fish for five minutes under high heat on both sides, then lower to medium heat for remaining time — a total of 10-12 minutes according to thickness.

7. Serve with a sauce (see below).

FRYING

1. Before frying in shallow fat, white fish should be given a protective coating. This helps to make the cooked fish easier to handle, gives a nice appearance and crisp outer texture.

Both fish fillets and fish steaks can be fried, and the fish may be marinated first, if required.

2. Dip fish in a beaten egg, then drain and coat in browned breadcrumbs. Pat the coat on firmly. Fry in hot fat or lard over moderate heat, turning once, until golden brown. For deep frying, use as **small** fillets.

3. Drain thoroughly and serve with lemon wedges and tomato sauce.

4. The best coating for fish is a batter. The two recipes given here make particularly crisp, light batters.

Yeast Batter

4 oz. (or 4 rounded teaspoons flour)
½ oz. fresh meat (or 1 level teaspoon dried yeast)
¼ level teaspoon salt
½ level teaspoon sugar
¼ pint milk

To prepare the batter sift together the flour and salt into a mixing bowl and set in a warm place. Cream fresh yeast with the sugar and stir in the warm milk (OR sprinkle dried yeast over warm sugar and milk, leave until dissolved—about 5 minutes). Pour this liquid yeast into the centre of the flour and mix with a wooden spoon until all the flour has been worked in. Beat slightly, then cover with a cloth and leave in a warm place for 30 minutes. Beat slightly again, add a little more warm milk or water if necessary—the batter should be fairly thick and glutinous.

Soda Batter

¾ cup flour
½ teaspoon baking powder
OR *bicarbonate of soda*
¾ cup water
½ teaspoon salt

Sift the flour into a bowl and sprinkle on the bicarb., add the salt and pour in the water, slowly, mixing all the time. The batter is of the right consistency when it sticks to the back of a raised spoon.

Leave the batter aside for half an hour.

Meanwhile, wash and coat the fish fillets. Cut into small thick pieces, allowing about two portions for each person. Coat the fish lightly in flour, then more thickly in batter, and fry in hot deep fat. Drain and garnish with parsley and slices of lemon. Serve with a sauce.

A heavy batter is very useful in order to use up left-overs such as fish, meat, rice and potatoes.

Savoury Batter

2 eggs
½ cup milk
¼-½ cup grated cheese
1 finely chopped onion
¾ teaspoon salt
¾ teaspoon bicarb.
Chopped parsley or chives
1 tablespoon oil
1 cup flour

Break the eggs into the milk and beat lightly with a fork. Stir this mixture into the seasoned flour and whisk with an egg-beater. When the mixture is smooth, stir in the cheese, onions and parsley. Add the oil. Stir.

Coat the left-overs in this batter, deep fry in fat and serve as snacks.

POACHING AND BAKING

Use fillets cut in pieces, folded in half or curled up, or fish steaks. Prepare and season the fish, place in a buttered dish, and add enough milk to cover the base of the dish. Cover with a lid or buttered greaseproof paper and bake in the centre of a moderate oven (355 degrees or Gas Mark 4) for 15-20 minutes.

If a more elaborate dish is desired, try one of the following baked fish recipes.

Fish in Saffron Rice

4 fillets of fish (for four people)
½ pint milk
Pinch of saffron
8 oz. long grain rice
Pinch paprika

For the Sauce:

1 oz. butter
1 oz. (or rounded tablespoon) flour
½ pint mixed fish liquor (see below) and water
Salt and pepper
Juice of one lemon
1½ teaspoons sugar
1 egg yoke

Season the fillets, roll up and place in a buttered piedish. Pour ¼ pint milk around the fish. Cover with buttered greaseproof paper and place in the centre of a moderate oven (355 degrees or Gas Mark 4) and bake for 15-20 minutes.

Drain the fish, reserving the liquid for the sauce, but keep the fish wet.

To make the sauce: Melt the butter in a saucepan over low heat and stir in flour. Gradually stir in the fish liquor (cooking liquid), made up to half a pint with fresh milk, beating well to get a smooth sauce. Bring to the boil and cook for 2-3 minutes.

Draw the pan off the heat, season well with salt and pepper and stir in the egg yolk, lemon juice and sugar. Meanwhile add a pinch of saffron to boiling salted water and cook the rice for 10 minutes. Drain and serve the fish on hot rice and pour the lemon sauce over both. Sprinkle with a little paprika.

Paprika Gurnard

1¼-1½ lb. fresh Gurnard fillets (for four)
½-½ lb. onions, sliced thinly
2 oz. butter
1 cup milk (top milk if possible)
2 tablespoons cold water
Salt
Pepper
1-2 teaspoons paprika
2 tablespoons flour
Chopped parsley

Remove the skin and bone from the fillets and cut them into 1-1½ in. cubes. Toss in seasoned flour. Fry the onion in the butter until transparent, but not brown. Spread in the bottom of a shallow earthenware dish. Arrange fish one layer thick on the onion and sprinkle with paprika. Pour milk over the fish.

Cover wih buttered greaseproof paper and bake in a moderate oven 350 degrees or Gas Mark 4) for 30-40 minutes. When cooked, sprinkle with chopped parsley and add a little extra paprika if desired.

Snapper Bake

1 whole snapper
1 lemon
½ cup sherry
1 tablespoon chopped parsley
1 cup tomato sauce
1 cup breadcrumbs
3 oz. butter
1 clove garlic

Melt butter, chop garlic and parsley. Add the butter, garlic and parsley to the breadcrumbs. Put in the fish in a well buttered baking dish and dust with salt and pepper. Spread with tomato sauce. Peel lemon and slice thinly. Lay slices over fish and cover with crumb mixture. Sprinkle with sherry and bake at 400 degrees or Gas Mark 5 for one hour.

Fillets with Tomato

1½ lb. fish fillets (for 4)
Salt and cayenne pepper
1 small garlic clove crushed
¼ lb. onions
¾ lb. tomatoes

Place the fish fillets not too close together in a greased oven-proof dish. Season with salt and cayenne pepper. Season

and slice the onions in thin rings and place on top of fillets. Add garlic. Top with tomatoes cut into slices. Cover with greaseproof paper. Bake in a moderate oven (350 degrees or Gas Mark 4) until tender. Sprinkle with chopped parsley.

Puffy Fillets

2 lb. fish fillets (for 4)
Salt and pepper
½ cup mayonnaise
2 tablespoons chopped pickle
1 tablespoon chopped parsley
½ cup grated cheddar cheese
1 egg white

Place fish on greased griller rack. Sprinkle with salt and pepper and brush with butter. Grill under medium heat for eight to ten minutes.

Meanwhile combine the mayonnaise pickle and cheese. Beat egg white until stiff and fold into dressing. Spread on fish and grill for 3 to 5 minutes or until puffy.

Savoury Fish Mornay

Four fillets (one each)
1 oz. (or rounded tablespoon) flour
2 oz. (or two rounded tablespoons) grated cheese
Salt and pepper
Milk
Parsley
Extra grated cheese

Poach seasoned fish fillets in little milk until tender. Drain off liquid, make up to ½ pint (1½ cups) with more milk. Melt butter, add flour and blend together; gradually work in milk, bring to boil. Simmer 3 minutes. Add cheese and season.

Remove skin and bones from fish. Place in buttered ovenproof dish. Coat with sauce, sprinkle with little grated cheese and place under griller or in oven to brown. Serve garnished with parsley.

Drinklaika Fish

4 sole fillets
½ cup milk
½ cup cheap white wine
4 tomatoes
salt, pepper
2 cloves garlic

Make a white sauce by melting a little butter in a pot, shaking in a tablespoon of flour and stirring until it turns yellow. Add milk gradually, stirring out lumps, until it looks saucy.

Rub salt, pepper, etc., into fish. Place into casserole, slice tomatoes on top, pour over sauce, wine, and chopped garlic. Bake gently for 15-20 minutes. Serve with sprig of parsley.

SMOKED FISH

This fish is the tastiest of all and is already cooked when bought, so that it can be prepared simply.

N.B.: Smoked trevalli is cheaper than smoked snapper and it has fewer bones.

Smoked Snapper Salad

1 smoked snapper, about 10 oz. trimmed (for 4)
4 sticks celery
1 small cucumber
6 radishes
1 small onion
½ cup mayonnaise
Lettuce leaves

Trim fish and remove bones and skin. Break flesh into chunks. Dice unpeeled cucumber. Slice radishes in thin slices. Trim celery and cut into chunks. Chop onion finely. Mix fish and vegetables in a bowl. Pour mayonnaise over and mix gently. Pile into bowl lined with crisp lettuce leaves.

Baked Fish Roll

1 cup smoked flaked fish
1½ cups mashed potatoes
2 tablespoons lemon juice
1 hardboiled egg
1 beaten egg
Salt and pepper to taste
½-¾ cup dried breadcrumbs
2 tablespoons melted butter
Lemon slices for garnish

Make sure the fish is free of bones and blend it with the potato, lemon juice, salt and pepper, chopped hard-boiled egg and beaten egg.

Shape into roll about eight inches long. Leave to chill for a while to make for easier handling, then roll in breadcrumbs. Place in lightly buttered dish, brush with the melted butter and bake at 350 degrees (Gas Mark 4) for about 30 minutes. Serve hot or cold. Garnish with slices of lemon and if wished, a sauce (see below).

Fish Nests

1 lb. flaked smoked fish
1 tablespoon lemon juice
½ cup grated cheese
1 teaspoon salt
3 cups cold mashed potatoes
4 slices of tomato
Extra grated cheese

Mix the fish with lemon juice, grated cheese and salt. Mash the potato with a generous knob of butter. Form into four nests. Fill each nest with fish mixture. Top with a slice of tomato and sprinkle with grated cheese. Bake at 350 degrees or Gas Mark 4 until brown.

Kedgeree

8 oz. or 4-5 cups cooked rice
1 lb. smoked fish
1 chopped clove garlic
2 cups milk
1 oz. butter
Salt and pepper
2 tablespoons tomato sauce
1 tablespoon chopped parsley
1 rounded tablespoon flour

Flake the smoked fish. Cook the rice in plenty of boiling salted water for fifteen minutes or until tender. Drain.

Meanwhile, melt the butter over a low heat and gently fry the garlic in it. Add the flour and blend. Pour in the milk and beat to make a smooth sauce . Combine the fish tomato sauce and white sauce. Drain the rice. Add it to the fish mixture. Reheat and serve, sprinkled with chopped parsley.

8. Sauces.

Most of the recipes recommended in this volume include sauces as an integral part of the dish. In certain cases, however, sauces can be used to complement plain roast, fired or boiled meats. Here are some examples:

Randy Apple Sauce

Take about two apples and chop finely. (N.B. Granny Smiths are no good because they refuse to go mushy.) Place in small pot along with some water, a dash of vinegar, and two teaspoons of sugar. Boil until saucy. Keep adding things till it tastes okay.

Gravy (for Roast Meat)

For your purposes this can be made by shaking a dessertspoon of flour into the fat or fatty liquid in which the meat was cooked. Then, adding water, stir until it thickens.

Sauersusszwiebeltunke

2 tablespoons oil
4 small onions
4 tablespoons flour
1 pint stock (two cups)
Salt and pepper
2 tablespoons sugar
2 tablespons vinegar

Fry the onions in the oil until brown. Stir in the flour and cook for one or two minutes. Add stock gradually so the sauce does not go lumpy. Then add seasonings and sugar, and, finally, the vinegar. Stir till smooth.

N.B. that it is much less trouble to buy rather than make your own **mint sauce** and, of course, **tomato sauce and chutney** (unless you have a mother or similar benefactor who makes preserves).

These sauces are very useful for giving a lift to fried, grilled or poached fish.

White Sauce

1 oz. butter
1 tablespoon flour
1 teaspoon lemon uice
Salt and pepper
1½ cups fish stock (i.e. the liquid from poaching fish)

Melt butter and stir in the flour. Season. Add the fish stock or milk and stir until the mixture is smooth. Allow it to simmer for four minutes. Add the lemon juice.

Mustard Sauce

½ pint (1½ cups) white sauce —see above)
1 level tablespoon dry mustard
1 teaspoon sugar
1 tablespoon vinegar
Salt and pepper

Blend the mustard with the vinegar and add with the sugar to the white sauce. Season to taste. Re-heat.

Lemon Sauce

¼ cup sugar
1 lemon
2 egg yolks
Chopped parsley
1½ cups fish stock (i.e. the liquid from poaching fish)

Extract the lemon juice and grate the rind. Beat the egg yolks. Mix together the sugar and rind and the egg in a saucepan. Put the pan in a low heat. Gradually add the stock. Cook until thick, stirring all the time. Season and add parsley.

Mornay Sauce

1 oz. butter
1 oz. (or 1 rounded tablespoon) flour
Salt and pepper
2 oz. (or 2 rounded tablespoons) grated cheese
1½ cups milk

Melt butter on a low heat, add flour and blend together, gradually work in milk. Bring to boil, then simmer for 4 minutes. Remove from heat, stir in cheese and season.

Ginger Sauce

¼ cup ginger
1 small onion, finely chopped
2 tablespoons sugar
½ cup water
1 tablespoon soy sauce
1½ teaspoons ground ginger
1 tablespoon cornflour
1 tablespoon water

Put vinegar, onion, sugar, water, soy sauce, and ground ginger into a saucepan. Simmer for about 10 minutes. Blend the cornflour and tablespoon of water and stir into the saucepan. Cook for two minutes.

9. Pudd'ns.

Most Western Observers agree that the Pudd'n as a Socio-Economic Phenomenon is only rarely encountered in the residence of students. Causes for this rarity are various and largely connected with Laziness, Affluence and the Proximity of Dairies. In other words, the man who comes home and rustles up a twenty minute dinner is hardly likely to spend another two hours fondly prodding a large growth in his oven and muttering "Bread Pudd'n" under his breath. Yet it is true that one fanatic I encountered had no other contribution to offer to society than this very dish. He keened like a mother beast if any layman approached his grubby shoebox full of greening fungoid crusts. Daily, unless he was forcibly prevented or lured away with Vodka and Ovaltine, he locked himself into the kitchen and emerged at about midnight with a steaming and exquisite miracle.

It is to such Evangelists that this small collection of recipes is dedicated—long may they erode the sterile statistics of the Pudd'nologists of this planet—long may they spread the Gospel with the golden syrup—and may have have their one hope in life fulfilled; somewhere, sometime to see a new convert's eyes shining as she breathlessly asks "How did you make that Upside Down Pudd'n?" SEE BELOW . . .

PUDD'NS WITH ROAST MEATS

Use a simple fruit or milk pudding, such as the following:

Jelly Whip

Use one packet of flavoured jelly, prepared according to the manufacturer's instructions. Chill jelly until it is slightly thicker than an unbeaten egg-white. Beat with rotary beater until light and fluffy. Serve with custard or fruit if desired.

Baked Apples

Wash and core apples. Cut through skin at top of apples to prevent them bursting during baking.

Place apples in a shallow baking pan. Add sufficient water to give depth of $\frac{1}{2}$-1".

Fill centres of apples with dates or other dried fruits, and sprinkle with brown sugar. Cinnamon may be mixed with the sugar—$\frac{1}{2}$ teaspoon to $\frac{1}{4}$ cup of sugar. Bake in hot oven—400° F. for 45-60 minutes.

Rhubarb Crisp

Blend flour, butter, sugar until crumbly by rubbing the butter into flour and sugar with fingers. Place the diced rhubarb into a shallow medium-sized baking dish. Cover with flour mixture. Bake 350° F. for 45 minutes. Serves four.

1 Cup flour
¼ Cup butter
½ Cup sugar
4 Cups diced rhubarb

Lemon Meringue

Boil water, sugar, lemon rind and butter for a few minutes. Blend cornflour with a little cold water, and stir into boiling syrup mixture. Cook for five minutes until cornflour starts to clear. Remove from heat. Add juice from 2 lemons, and well-beaten egg-yolks. Pour into medium sized baking dish. Prepare meringue by beating the egg-whites with ¼ cup of sugar until quite stiff and peaks fold over. Pile meringue on top of pudding. Bake for 30 minutes at 250° F. Serves four.

2¼ Cups water
6 tablespoons sugar
3 tablespoons cornflour
1 tablespoon butter
2 lemons
3 tablespoons butter
2 eggs

PUDD'NS WITH BOILED MEATS

With boiled meats you must allow for richer desserts, such as pies and tarts, and "cake" puddings (see below).

Jam Roll

Cut the fat ingredients into the mixed dry ingredients until creamy. Mix to a stiff dough with sufficient milk to make the particles of dough leave the sides of the bowl to form a ball. Roll a rectangle until ½" thick. Spread with jam filling, leaving an uncovered margin around the edges. Dampen this margin with a little water, roll up the rectangle and seal the edges. Bake in a greased pan for 1-1½ hours at 350°F. Serves six people.

½ cup butter
2¼ cups flour
½ teaspoon salt
1¼ tablespoons baking powder
2 tablespoons sugar
¼ pint milk
½ cup jam

Brownie Pudd'n

Sift flour, baking powder, salt, sugar and 3 tb. cocoa into bowl. Add milk, vanilla and melted butter and mix until smooth. Stir in nuts and fruit. Pour into greased 8in. square

pan. Mix the 6 tb. sugar with 2 tb. cocoa, sprinkle over the surface of the batter, but do not stir in. Pour hot water over batter—do not stir in. Bake in moderate oven, 350° F. for 45 minutes. Serves four.

1 cup flour
2 tablespoons baking powder
3 tablespoons cocoa
½ cup milk
1 teaspoon vanilla
2 tablespons butter (melted)
½ teaspoon salt
¾ cup sugar
¾ cup chopped nuts and dried fruit
6 tablespoons sugar
1 cup hot water

Upside Down Pudd'n

Melt butter and add ⅓ cup sugar. Stir until dissolved. Arrange fruit in the baking dish and pour over the syrup (sugar and water). Sift flour, baking powder, salt into bowl, add remaining ingredients and mix vigorously until smooth. Pour the batter over the fruit. Bake in a moderate oven 350-375° F. for 35 minutes. Test for cooked cake using a cake skewer. Loosen cake from sides of pan and invert on to a large serving plate. Serve with a sauce. Serves four.

2 cups apples (peeled and sliced)
2 tablespoons butter
1 cup flour
1 tablespoon baking powder
⅛ tablespoon salt (beaten)
1 egg
½ cup sugar

Other Fruits

Any prepared fruit may be substituted for apples in the above recipes.

CHAPTER 4

Drink and Entertainment

In which the authors discuss all aspects of conviviality and hob-nobbing in a reflective and scholarly manner, offering not only advice and reasoned argument, but also methods of planning and organisation for social events, along with a number of appended recipes for home brewed beers and wines.

1. Parties.

A party, though you may not realise this, is exactly as big as the host wants it to be, unless he has the misfortune of living in a flat with three doors. In other words, if you prefer a closed party, simply keep the front door shut and let in only those people you invited. This works well for small gatherings, but if you wish to hold a middle sized party some kind of invitation can be a good idea.

Little preparation is required for a smallish party. A "bring your own" wine and record evening can be very successful, and avoid the boredom and tweeness of the "Wine and Cheese" syndrome. All you are expected to provide is a record player with adequate sound reproduction and a good pickup and enough space for your guests to be comfortable in.

But if you live in a good sized flat the time will come when you will want to throw a real party of cosmic proportions, and this requires a little more organisation. If you share your house with a fine upstanding landlady of 60, crash someone else's party instead. Mind you a good end of term party can be a nice way of saying good bye to the old dear. If your housemates are students, workers or married and under 40, invite them in, to save them the tedium of wall bashing at 3 a.m.



"Flats inevitably look appalling in the morning after a really successful party"

Preparations

Batten things down a bit. Anything hollow will be used as a drinking vessel, and anything breakable may be broken. A very quiet little girl at one of our parties was hypnotised while drinking port from the spout of our favourite teapot and dropped it estatically. So lock heirlooms away. Keep mantlepieces pretty clear for bottles, etc., and possibly scatter a few bowls of peanuts, potato chips, etc., around them. Leave some space in the refrigerator for those who insist on having their beer cold. Also such things as cold chicken or roast should be kept hidden—they are a temptation even to the most moral of us. (One of the editors of the present volume is not guiltless in this respect.) Indeed on one classic occasion a raw Christmas roast was ferociously devoured on a front lawn; but cold meat is usually safe: just do not invite bloody Cannibals.

If you have a good record collection and equipment, these also need a little attention. A turntable deck on the floor **will** be stood on, probably by your soul mate, and some crud is sure to ruin an LP with hot cigarette ash. Some kind of arrangement with the gram in an unoccupied room is advisable. At least stick it on a table. A seasoned friend of mine goes so far as to keep his stereo speakers ten feet up a wall caged in his faithful wirewove bedframe.

Lighting

Lighting. For a big party the best idea is a darkish room for drinking, dancing, talking and lechering, and a lit room for drinking and talking. Usually the living room and corridor come in the first category (either a standard lamp in one corner or candles—but watch out for fire, use a big tin to put them in. In winter an open fire can be a good source of light. The traditional red lightbulb strikes me as a little unsubtle) and the kitchen is the obvious light room. Some flats don't have real kitchens, of course—only rather bad jokes called "kitchenettes" in the ad—your bedroom is a good substitute. But these arrangements are largely dependent on the actual layout of your flat. Go to a few student parties before you organise your own and pick up ideas there. Finally carpets. If you are expecting a large crowd take good carpets up. Body carpets are more difficult. All I can recommend is a good carpet shampoo, and a careful rearrangement of furniture before the landlord notices. Prevention is better than cure. Beer soaks in well, wine is disastrous. If you see anyone at the point of chundering thrust their head into the fireplace (in summer) or chuck them out of the window (if a ground floor party). You may lose a friend but a smelly stain on the middle of your floor would be a bad memorial to him anyway.

Guests

You should have no difficulty in raising a full complement of guests if you live fairly centrally. Tell three regulars at the

"Your job as host is a fairly easy one"



student pub and thousands will turn up at half past ten with ominously clinking duffle bags. It is advisable, particularly for girls to expressly invite a good number of trustworthy men of strong arm and character to sort out troublemakers, though this is rarely necessary.

The Host

Your job as host is a fairly easy one. You move about in the vicinity of the door, introduce yourself to unknown guests (you will know at least some of them) and show them where to dump their bags of booze. I have attended parties where all liquor was taken by the host at the door, put in a locked room and issued as required. This may be advisable if the flat has thin walls and sensitive neighbours, or if it is fairly new. If a guest becomes offensive, belligerent or objectionable chuck him out, with help from your friends/boyfriends. This is another reason for not throwing a party before you are reasonably sure of knowing the majority of your guests. If a large number of guests become embarrassing, pugilistic or unpleasant, put on your dufflecoat, pretend to be a guest and leave . . .

It doesn't pay to get overly drunk at your own party—at least not until most people have left. The police take a dim view of interviewing a flaked host on the floor after a party has turned into a riot. (See section 2 of this book on your rights if arrested.) Two bits of advice: (a) Don't drink tap or keg beer on top of bottled beer—you'll swell up like a squid with results too horrible to describe on this chaste page, and (b) the old schoolboy rule: stick to drinking one thing. Wine, beer and spirits don't mix well and tend to be rejected violently. Finally, you'll always meet the imbecile science student clutching a bottle of methanol. Chuck it out before he poisons someone with it.

Cleaning Up

Flats invariably look appalling the morning after a really successful party, and you might be tempted to make all sorts of rash resolutions at the sight of cigarette butts swelled up obscenely in half empty wine jars. But this is the excuse you have been looking for to give the place a really thorough cleaning. A tin of orange juice is the recommended after party breakfast. A friend of mine who is otherwise normal actually likes warm flat beer—arguing from good sources that Shakespeare and Luther enjoyed their ales in this manner.

The Police, incidentally, tell me that they can not enter a house and order the breaking up of a party. If called by neighbours they can come to the door and ask people to quieten down, but if the host finds it necessary to call them he must be prepared to make criminal charges of tresspass against crashers or assault against pugilists.

2. Booze.

This is a very important item in any student flat. If you don't imbibe yourself, you can be sure that your guests will.

Home made beer and wine is both very potent and extremely unpalatable. The only good point about home brew is its cheapness. You may possibly strike it lucky and produce a reasonable brew with seemly regularity. The contrary, however, is more likely. Nevertheless, the effort can be worth it.

If determined to dabble in the delights of home brewing, make sure you have the following equipment.

1 length rubber tubing
1 large plastic bucket
A lot of empty bottles
Caps or corks
1 beer hydrometer (optional)
Muslin for straining

Having acquired these vessels you may safely proceed.

Joris De Beer

For one gallon—

1 lb. malt extract
2 oz. hops
1 gallon water
Brewer's yeast
Sugar

Boil water, malt extract and hops for 1 hour, adding water as necessary to restore the original volume. Strain liquid through muslin into bucket. When cool add yeast and cover bucket.

Keep in a warm room for three days, then carefully siphon off the beer, leaving the evil looking froth, scum and sediment in the bucket.

Put about two teaspoons sugar into quart bottle, pour in siphoned liquid and cork tightly. Drink sometime within the following fortnight. If left longer the beer will atrophy.

Lorley Extra Cuvee

½ oz. hops
1 gallon water
1 oz. cracked maize
1 lb. white sugar
½ oz. root ginger
Yeast

Boil the cracked maize, hops, sugar and bruised ginger in the water for 1 hour. Allow to cool, strain, and add yeast. Leave for 24 hours, then siphon off liquid, avoiding the yeast deposit and the sediment. Bottle and cork, and leave for less than a week before drinking.

Foul Black Ale (pronounced Blaggale)

1 lb. golden syrup
1 gallon water
½ lb. black treacle
Yeast

Melt the treacle and syrup in boiling water and allow to cool. Add the yeast. Cover and leave in a warm room for three days. Siphon off as before, bottle and cork. Store for at least a week before drinking.

WINEMAKING

Wine has been man's second favourite companion since the beginning of civilization — his first, of course, being woman! The abundance of fruit and vegetables in New Zealand is the raw material for palatable and potent drinks to gladden the spirit and stimulate the company. Perhaps the strongest motive for making wine is the cost — a few cents a bottle for virtually unlimited supplies. In cooking and in the glass it can transform "same-ish" meals into sumptuous repasts.

The principles of wine making are all common sense based on a scientific knowledge of the activities that occur during the process. It cannot be over-emphasized that to make excellent wine it is far more important to understand the principles of preparation, fermentation and maturation, and to apply them to the recipe, than is the recipe itself. The minimum equipment necessary is some large jars, a length of polythene for a syphon tube, a hydrometer, some sort of airlock, corks and a measure of patience. Apart from the fruit, the following ingredients will also be necessary: a wine yeast, sulphite (see later), yeast nutrient (see later) and pectozyme (optional). These last items, and a hydrometer may be difficult to get but are sold by Brewers Trading Co. Ltd., P.O. Box 1585, Christchurch. Wine or home-brew societies keep supplies of these things and at the time of writing there are clubs established at Auckland, Victoria and Canterbury Universities. The cheap ingredients and equipment, the access to further recipes and instructions, and the company of fellow winos make joining a "winesoc" or a "brewsoc" very worthwhile. Following, is a brief summary of wine making which can be applied to any of the recipes given at the end.

Preparing the Must

Before buying, begging, borrowing or stealing fruit, ensure that you have the necessary equipment. A large plastic dustbin, bucket or similar container with a tight fitting lid will be necessary for soaking the fruit. Juice extraction is most often done by crushing the fruit and soaking in water for about 2 days. In some cases a fruit press, or an electric juice extractor can be useful. The pulp or juice is now called the **must.** To prevent wild yeasts and spoilage bacteria developing during the soaking, the must needs to be sterilized. This can be done in two ways. Firstly, by boiling. This is only recommended in a

few cases such as with vegetables where the ingredient is too hard to be crushed. Although juice extraction is made faster, boiling tends to destroy the more delicate flavours. Also, boiling makes the must very cloudy and the resulting wine may be difficult to clear. Secondly, the most usual way of sterilizing is to use sulphite. This is potassium metabisulphite, known to the winemaker as Campden tablets. To sterilize one gallon of must, stir in 2 Campden tablets or 0.5 grams (half a small teaspoon) of potassium metabisulphite until completely dissolved. This sterilization is necessary or else the must will go bad. Cover well and leave for about 2 days, stirring regularly. Sometimes, after sterilizing and when cool, pectozyme is added. This ingredient helps break down the pectin in the walls of the fruit cells, aiding juice extraction. The presence of too much pectin in a fruit (e.g., apples) results in a cloudy wine. (It is the pectin in fruit which makes jams set.)

At this stage or even a couple of days earlier, a yeast must be prepared. Baker's or beer yeasts are not suitable since they ferment too quickly and have a low alcohol tolerance. True wine yeasts can be obtained from Brewers Trading Co. Ltd., any wine society or from a fellow winemaker. The yeast is grown as a starter until it is working vigorously. Instructions are provided with the yeasts.

Preparing for Fermentation

After the juice, flavour and colour have been extracted from the fruit, the pulp has to be strained off. Various sieves, muslin or a pillowcase are useful. Once the juice has been obtained, the sugar content has to be adjusted. This is done with a hydrometer which is a glass instrument looking like a huge thermometer. It measures the specific gravity of a liquid by floating in it, and the range 1.000 to 1.120 is most convenient. Water has a specific gravity of 1.000 and when sugar is dissolved in it the value rises by about 35 units for each pound of sugar per gallon. Thus if the specific gravity of the must is 1.035 there is approximately 1 lb. sugar per gallon. Measure the specific gravity of your must; it will probably lie in the range 1.005-1.040. Dissolve in sugar until the specific gravity rises to about 1.110. This corresponds to about 3 lb. of sugar per gallon and when fermented will give about 12-15% alcohol.

Next, lemon juice is added to some musts when the fruit is deficient in acids. Yeast nutrient is also added at this stage; usually 1 teaspoon of ammonium phosphate per gallon. This acts as a fertilizer for the yeast. When this has been dissolved, the must is poured into large jars which are filled to within about two inches of the top. Finally the yeast is added, usually in the form of a starter which has been growing vigorously in a little fruit juice and sugar for a few days previously. The fermenting wine must be closed to the air but the evolved gas

must be allowed to escape. Thus some sort of airlock is inserted in the cork of the fermentation jar. The simplest form is to have a tube leading from a hole in the cork down into a glass of water. Keep the jars in a warm place and fermentation should be visible in a day or so.

Fermentation

The yeast converts the sugar to alcohol giving off a gas which escapes through the airlock. This process occurs quite vigorously at first but slows down after about two weeks. As the sugar is used up the specific gravity decreases. Thus by using a hydrometer it is possible to check the progress of a wine. After two or three weeks, measure the specific gravity. If the fermentation has been successful, then it will have dropped from 1.110 to about 1.010 or lower. Once the value has dropped to about 1.000, dissolve in sugar to raise it to about 1.010 (requires about $\frac{1}{4}$ lb. per gallon). Allow to ferment until the specific gravity ceases to drop. At this stage fermentation has ceased and the yeast has reached its alcohol tolerance, so that no more sugar will be used up. For a dry wine, make sure that the final specific gravity is low, i.e., about 1.000. For a sweet wine add a little more sugar so that the final specific gravity is about 1.020. Remember the higher the specific gravity, the sweeter the wine. It becomes obvious that the hydrometer is a very important piece of equipment since it takes all the guesswork out of wine making.

Racking

When you are sure fentation has finished, syphon the wine off the sediment into large, clean jars and fill almost completely. It is advisable to add one Campden tablet (or the equivalent potassium metabisulphite) to kill the yeast. Cork tightly and put away in a cool, dark place to mature. Every 2 or 3 months, syphon the wine off the sediment into clean jars; this is called racking. The wine should soon clear and maturation takes 9 months to 2 years. Do not expect immediate results. Wines taste horrible when young and you will congratulate yourself on your wisdom when the time comes to drink a brilliantly clear wine which has been left alone quietly to mature in a cool place where the temperature does not vary much. Bottle the wine only when clear and ready for drinking.

Following, are recipes to which the above method can be applied. All make one gallon, but it is much better to make it in larger quantities.

WINE RECIPES

Peach Wine

Cut up 5-6 lb. peaches, removing the stones, and cover with 1 gallon of boiling water. Dissolve in two Campden tablets per gallon and when cool, 1 dessertspoon of pectozyme (if available). Leave well covered for 3 days, stirring regularly. Strain, add the juice of two lemons, 1 cup of cold strong tea, and sugar to raise the initial specific gravity to 1.1100 (requires about 2½ lb.). Put into a large jar, add yeast and fit an airlock. Keep in a warm place and ferment to dryness. Add small portions of sugar until fermentation ceases. Rack and store as usual.

Apple Wine

Wash and remove the bad portions from 12 lb. apples (use mixed varieties and crab apples). Crush the apples and drop into 1 gallon water in which 2 Campden tablets have been dissolved. Stir in 1 dessertspoon of pectozyme if available and leave well covered for 3 days. Strain, add sugar (about 2½ lb. — use hydrometer), yeast nutrient and yeast. Fit a fermentation lock and ferment as usual.

Pear Wine

As for apple wine, using 5 lb. pears instead.

Strawberry Wine

Crush 4 lb. strawberries and cut up 1 lb. raisins in a plastic tin. Pour on 1 gallon boiling water. Dissolve in 2 Campden tablets or ½ teaspoon potassium metabisulphite. When cool add 1 dessertspoon of pectozyme if available. Leave well covered for 2 days stirring regularly. Strain off the juice, add the juice of 3 lemons, 1 cup of strong tea and 1 teaspoon of ammonium phosphate as yeast nutrient. Add sugar to bring initial specific gravity up to about 1.110 (requires about 2½ lb.). Add yeast, fit an airlock and leave to ferment. After about 3 weeks when the gravity has dropped to about 1.000, add sugar to bring gravity back up to 1.020. Rack when fermentation is complete and mature. Rack every 2-3 months.

Parsnip Wine

Dice 4 lb. parsnips and boil gently till tender in water. Cool, make up to 1 gallon, add juices of three oranges and 2 lemons. Add 3 lb. sugar and ferment as usual. Rack and mature.

All Others

It becomes a very simple process to make up recipes for any other fruit or vegetable by modelling a recipe on any of the above. In general, use about 6 lb. of a fleshy fruit or 3 lb. of a dried fruit. Sterilize and soak. Add lemon juice if the fruit is not very acid. Always use a yeast nutrient and a true wine yeast.

This brief introduction to wine making is of necessity incomplete. Many books have been published on the subject and the following are recommended. "The Pan Book of Winemaking", by B. C. A. Turner, and "The Winemaker's Companion," by Turner and Berry (Mills and Boon).

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Michael Volkerling
George de Bres
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